

	MON	TUE	WED	THR	FRI
6:30am		Cycle Core Meghan Goossman		Cycle Core Meghan Gossman	
7:30am	Strength & Power (Fitness Center) Aaron M.		Strength & Power (Fitness Center) Aaron M.		
7:30am				Cycle Jeff Keenan	
12:05pm					
12:15pm					
12:30pm					Cycle Core Gabrielle Congemi
3:15pm		Cycle Core Kennedy Smook		Cycle Core Kennedy Smook	
3:30pm	Cycle Core Anna Bartig	Zumba & Core Tammy Zee	Cycle Core Taylor Yapp	Zumba & Core Tammy Zee	
3:45pm	Yoga Pilates Fusion Tammy Zee		Yoga Pilates Fusion Tammy		
4:30pm	Cycle Megan Kruse	Cycle Core Maddie Gerzvain	Cycle Megan Kruse	Cycle Core Maddie Gerzvain	
4:45pm	Yoga Lexi Finnell	HIIT Aaron M	Yoga Lexi Finnell	Group Strength Aaron M	
5:30pm	Cycle Core Chloe Renzellman	Cycle Core Kaleah Puskala	Cycle Core Chloe Renzellman	Cycle Core Anna Bartig	
6:05pm		Zumba Lynne Smith		HIIT Cardio Strength Aaron M.	
6:10pm	ZUMBA Toning Joye Hellenbrand		ZUMBA & Core Joye Hellenbrand		
6:30pm	Cycle Core Emma Syftstad	Cycle Core Kaleah Puskala	Cycle Core Gabrielle Congemi	Cycle Core Maggie Pelli	
7:00pm	Strength & Sculpt Sarah Fenn	Vinyasa Flow Tayler Yapp	Strength & Sculpt Sarah Fenn	Vinyasa Flow Tayler Yapp	
7:30pm	Cycle Core Chloe Renzellman			Cycle Core Avery Harthun	
8:00pm	Kettlebell Conditioning Sarah Fenn		Kettlebell Conditioning Sarah Fenn		

SATURDAY CLASS

11:00am Strength & Power

Aaron Matuszeski

Noon Cycle Core

Alternate instructors