

Fall 2022 Group Fitness Schedule

	MON	TUE	WED	THR	FRI
6:30am	Cycle Core Meghan Goossen		Cycle Core Meghan Goossen		
7:30am	Strength & Power (Fitness Center) Aaron M.		Strength & Power (Fitness Center) Aaron M.		
7:30am	Cycle Core McKenna Haen	Cycle Ella Proeshel	Cycle Core McKenna Haen	Cycle Jeff Keenan	
12:05pm		Cycle Core Ashley Van Rens		Cycle Core Ashley Van Rens	
12:15pm					HIIT Cardio Strength Tammy Zee
12:30pm					Cycle Core Maggie Pelli
3:15pm		Cycle Core Tayler Yapp		Cycle Core Tayler Yapp	
3:30pm	Cycle Core Maggie Pelli	Zumba & Core Tammy Zee	Cycle Core Maggie Pelli	Zumba & Core Tammy Zee	
3:45pm	Box & Barre' Tammy Zee		Box & Barre' Tammy Zee		
4:30pm	Cycle Chloe Renzellman	Cycle Core Maddie Geszvain	Cycle Megan Kruse	Cycle Core Maddie Geszvain	
4:45pm	Yoga Lexi Finnell	HIIT Aaron M	Yoga Lexi Finnell	Group Strength Aaron M	
5:30pm	Cycle Megan Kruse	Cycle Core Mackenzie Frankland	Cycle Chloe Renzellman	Cycle Core Mackenzie Frankland	
6:00pm	Zumba & Core Joye Hellenbrand	Zumba Lynne Smith	Zumba & Core Joye Hellenbrand	HIIT Cardio Strength Aaron M.	
6:30pm	Cycle Core Emma Syftstad	Cycle Bootcamp Amanda Manock	Cycle Core Emma Syftstad	Cycle Bootcamp Kaleah Puskala	
7:00pm	Strength & Sculpt Sarah Fenn	Vinyasa Flow Jillian Weston	Strength & Sculpt Sarah Fenn	Vinyasa Flow Jillian Weston	
7:30pm	Cycle Core Gabiella Congemi	Cycle Core Avery Harthun	Cycle Core Gabiella Congemi	Cycle Core Avery Harthun	
8:00pm	Kettlebell Conditioning Sarah Fenn	Cardio Sculpt Kaleah Puskala	Kettlebell Conditioning Sarah Fenn		

SATURDAY CLASS

11:00am ~ Strength & Power

Aaron Matueszeski

Noon ~ Cycle Core

Alternate instructors