

GROUP FITNESS SCHEDULE

OCTOBER 2023



CARDIO & STRENGTH

MIND & BODY

CORE & STRENGTH

SPECIALTY

GROUP X1 WEIGHTROOM

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:15-6:00 AM	Small Group Strength Training* Jake	Small Group Strength Training* Jake	Small Group Strength Training* Jake	Small Group Strength Training* Jake	Small Group Strength Training* Jake
6:15-7:00 AM	Small Group Strength Training* Jake	Small Group Strength Training* Jake	Small Group Strength Training* Jake	Small Group Strength Training* Jake	Small Group Strength Training* Jake

**The above Small Group Strength Training Classes require pre-enrollment and are not included in the Blessing Goes Healthy Program.*

GROUP X2

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12:00-12:30 PM	Power Pilates Kylie		Pilates Reformer Fusion Kylie	Power Pilates Kylie	Pilates Reformer Fusion Kylie
5:30-6:15 PM		Strength & Circuits Nate		Strength & Circuits Nate	

GROUP X3

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30-6:15 PM	Power45 Annette		Power45 Annette		