

Group Fitness Schedule

Mar 18 - Apr 29

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|--|
| Vinyasa Yoga 7:30am 60min Studio 2-3 Nick | HIIT 11:00am 60min Studio 2 Mikel | Vinyasa Yoga 7:15am 45min Studio 2-3 Amanda | Guts & Butts 8:45am 30min Studio 2-3 Shelby | Cycle Express 7:30am 30min Studio 1 Nick |
| Power Pilates 10:00am 45min Studio 2-3 Reagan | Reformer Pilates 11:00am 60min Studio 3 Reagan <i>*Registration Required</i> | Cycle Rush 8:15am 45min Studio 1 Amanda | HIIT 3:00pm 60min Studio 2-3 Mikel | Boxing 11:00am 60min RWC Studio Mikel |
| Pilates-Yoga Fusion 11:00am 45min Studio 2-3 Reagan | Zumba Basics 6:00pm 45min Studio 2-3 Rotation | Power Pilates 10:00am 45min Studio 2-3 Reagan | Zumba 7:15pm 60min Studio 2-3 Becca | Boxing 6:00pm 45min Studio 2-3 Nate |
| Zumba 4:30pm 60min Studio 2-3 Taylor | Zumba 7:15pm 60min Studio 2-3 Becca | Pilates-Yoga Fusion 11:00am 45min Studio 2-3 Reagan | Werk It 8:30pm 60min Studio 2-3 Sadie | |
| Zumba 7:15pm 60min Studio 2-3 Jacob | Werk It 8:30pm 60min Studio 2-3 Sadie | Bootcamp 3:00pm 60min Studio 2-3 Jacob | <div style="border: 1px solid black; padding: 5px;"> Key </div> <div style="display: flex; justify-content: space-between; align-items: flex-start;"> <div style="width: 45%;"> <p>Kennesaw Class</p> <p>Marietta Class</p> <p style="border: 2px solid orange; padding: 2px;">Small Group Training, Registration Required</p> </div> <div style="width: 50%;"> <p> Virtual attendance available, registration required.</p> <p>All classes are available in person, no registration required.</p> </div> </div> | |
| | | Zumba 4:30pm 60min Studio 2-3 Taylor | <div style="border: 1px solid black; padding: 5px;"> Special Events </div> <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p>Springo Recreation Bingo March 18-April 19</p> </div> <div style="width: 45%;"> <p>Outdoor Owl Obstacle Challenge April 19</p> </div> </div> | |
| | | Muay Thai 5:45pm 45min RWC Studio Jack | <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p>Class Descriptions</p> </div> <div style="width: 45%;"> <p>Virtual Registration</p> </div> </div> | |
| | | Boxing 6:00pm 45min Studio 2-3 Nate | | |