


# GRUP FITNESSES

in  the District

**MONDAY**

TIME	CLASS	INSTRUCTOR	LOCATION
11:30 -12:15 p.m.	TRX 101	Tia Casady	Studio B
12:20-1:00 p.m.	BOSU Challenge	Tia Casady	Studio B
5:00 - 5:25 p.m.	AB LAB	Cindy Calvin	Studio B
5:30 - 6:30 p.m.	BODYATTACK	Cindy Calvin	Studio B
6:30 - 7:30 p.m.	HOT YOGA	TBA	Studio A

**TUESDAY**

TIME	CLASS	INSTRUCTOR	LOCATION
6:00 - 7:00 a.m.	BOSU Strength	Michele Tobia	Studio B
11:30 - 12:15 p.m.	BODYPUMP	Karla Klingner Diaz	Studio B
12:20 - 1:10 p.m.	KRANKCYCLE	Tia Casady	Studio A
5:15 - 6:15 p.m.	BODYPUMP	Adina Laird	Studio B
5:30 - 6:20 p.m.	KRANKCYCLE	Tia Casady/JamesDean	Studio A
6:15 - 7:15 p.m.	BODYJAM	Anna Roberts	Studio B

**WEDNESDAY**

TIME	CLASS	INSTRUCTOR	LOCATION
11:30 - 12:15 p.m.	TRX 101	Tia Casady	Studio B
12:20 - 1:00 p.m.	CARDIO KICKBOX	Tia Casady	Studio B
3:00 - 4:00 p.m.	BODYJAM	Kelly Lancey	Studio B
5:00 - 5:25 p.m.	AB LAB	Lori Doherty	Studio B
5:30 - 6:30 p.m.	BODYATTACK	Lori Doherty	Studio B
6:30 - 7:30 p.m.	HOT YOGA	TBA	Studio A
7:00 - 8:00 p.m.	HIP HOP I	Emily Keisler	Studio B

**THURSDAY**

TIME	CLASS	INSTRUCTOR	LOCATION
6:00 - 7:00 a.m.	BODYPUMP	Tara Dubinski	Studio B
11:30 - 12:15 p.m.	BODYPUMP	Lori Doherty	Studio B
12:20 - 1:10 p.m.	POWER KRANK	Tia Casady	Studio A
5:30 - 6:20 p.m.	POWER KRANK	JamesDean	Studio A
6:30 - 7:00 p.m.	TRX Core	JamesDean	Studio B

**FRIDAY**

TIME	CLASS	INSTRUCTOR	LOCATION
11:00 -12:00 p.m.	HIP HOP II	Emily Keisler	Studio B
12:10 - 12:40 p.m.	Express BODYATTACK	Drew Nervig	Studio B
12:40 - 1:10 p.m.	AB LAB	Drew Nervig	Studio B
4:30 - 5:15 p.m.	HAPPY HOUR	Cindy Calvin	Studio B
6:00 - 7:00 p.m.	BODYJAM	Kacie Fisher	Studio B

**SATURDAY**

TIME	CLASS	INSTRUCTOR	LOCATION
9:15 - 10:15 a.m.	BODYPUMP	Lori Doherty	Studio B
10:15 - 11:15 a.m.	BODYATTACK	Lori Doherty/Catina Topash	Studio B
11:15 - 12:15 p.m.	HOT YOGA	Jordan Milne/Kacie Fisher	Studio A

**SUNDAY**

TIME	CLASS	INSTRUCTOR	LOCATION
12:30 - 1:15 p.m.	Express BODYATTACK	Billie Klenke	Studio B
1:15 - 2:15 p.m.	Piloga	Billie Klenke	Studio B
2:20 - 3:20 p.m.	BODYPUMP	Michelle Tobia	Studio B
2:30 - 3:20 p.m.	KRANKCYCLE	Ryan Laird	Studio A

CLASSES HIGHLIGHTED IN **ORANGE** ARE NEW.  
 CLASSES HIGHLIGHTED IN **GREEN** REQUIRE ADDITIONAL INVESTMENT AT FRONT DESK. BE SURE TO INQUIRE ABOUT **PRE.PAID SERVICES**.