

June Fitness Schedule - Group Exercise #1 Only



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Sunrise Circuits 6:15 - 7:15 AM Kristen Hessler <i>Group Exercise 1</i>		Sunrise Circuits 6:15 - 7:15 AM Kristen Hessler <i>Group Exercise 1</i>
Power Sculpt 7:45 - 8:45 AM Deanne Bugos <i>Group Exercise 1</i>		Power Hour 7:30 - 8:30 AM Katie Hardie <i>Group Exercise 1</i>	Power Sculpt 7:45 - 8:45 AM Deanne Bugos <i>Group Exercise 1</i> June 5th & 12th Only	Yoga Fusion 8:00 AM - 9:00 AM Christina Russell <i>Group Exercise 1</i>
SS Yoga 10:15 - 11:15 AM Kristen Hessler <i>Group Exercise 1</i>	Silver Sneakers Classic 10:15 - 11:15 AM Mary Wagner <i>Group Exercise 1</i>	Silver Sneakers Circuit 10:15 - 11:15 AM Kristen Hessler <i>Group Exercise 1</i>	SS Yoga 10:15 - 11:15 AM Kristen Hessler <i>Group Exercise 1</i>	
Power Lunch 12:00 - 1:00 PM Kristen Hessler <i>Group Exercise 1</i>			Power Lunch 12:00 - 1:00 PM Kristen Hessler <i>Group Exercise 1</i>	
HIIT 30 6:00 - 6:30PM Kelsey Newcomer - No Class 6/23				
Barre 30 6:45 - 7:15PM Group Exercise 1 - No Class 6/23				