



541.687.2200

GROUP X SCHEDULE February

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning 5 o'clock hour		5:45 HIIT 60 Julie		5:45 HIIT 60 Julie			
7 o'clock hour							
8 o'clock hour	8:45 CARDIO BLAST Julie		8:45 CORE & MORE Julie		8:45 GROUP STR. Judy	8:45 CARDIO BLAST/CORE &MORE Julie	
10 o'clock hour		10:15 GROUP STR. Julie		10:15 GROUP STR. Carey			10:00 *YOGA Verna/ Carey
12 o'clock hour	12:00 *YOGA STRONG Jess	12:00 *PILATES Christina	12:00 *YOGA STRONG Jess	12:00 *YOGA Glen			
5 o'clock hour	5:45 Zumba® Elisa		5:45 Zumba® Leann				
7 o'clock hour							

CLUB HOURS

Monday- Friday	5:00AM - 8:00PM
Saturday	7:00AM - 3:00PM
Sunday	8:00AM - 4:00PM

Classes are 1 hour

***Personal mat needed for
Yoga and Pilates**

www.inshapeathleticclub.com