

Group Fitness Schedule
Effective Monday, October 2
OCTOBER 2017



4304 E. State Street
Rockford, IL 61108
815-398-7300

MONDAY		
5:00-6:00am	BodyPump	Shannon
6:00-6:30am	CXWORX	Shannon
7:30-8:30am	Forever Fit	Joey
8:30-9:30am	RPM	Ro
8:30-9:30am	BodyCombat	Tami
9:35-10:35am	BodyPump	Traci
10:40-11:40am	BodyFlow	Sheila
4:30-5:30pm	BodyCombat	Marcus
5:35-6:35pm	BodyPump	Erika
6:45-7:45pm	Zumba	Alt. Instructor

THURSDAY		
5:00-6:00am	BodyCombat	Lisa
5:45-6:45am	RPM	Marcus
6:00-7:00am	Zumba	Joey
7:30-8:30am	BodyFlow	Sheila
8:30-9:30am	BodyCombat	Jen
9:35-10:35am	BodyPump	Sheila
10:40-11:40am	Yoga	Tami
4:30-5:30pm	BodyPump	Vic
5:30-6:30pm	BodyCombat	Jen / Vic

TUESDAY		
5:00-6:00am	BodyCombat	Lisa
5:45-6:30am	RPM	Marcus
6:00-7:00am	Zumba	Joey
7:30-8:30am	Yoga	Sheila
8:30-9:30am	BodyCombat	Wendy
8:35-9:35am	Spin	Heather
9:35-10:35am	BodyFlow	Sheila
12:10-12:40pm	CXWORX	Amber
4:30-5:30pm	BodyPump	Vic
5:30-6:30pm	BodyCombat	Vic
5:35-6:35pm	Spin	Bob
6:35-7:35pm	BodyFlow	Susan

FRIDAY		
5:00-6:00am	BodyPump	Lisa
6:00-6:30am	CXWORX	Lisa
7:30-8:30am	Forever Fit	Beccy
8:30-9:30am	Spin	Beccy
8:35-9:35am	BodyPump	Wendy
9:40-10:40am	BodyFlow	Traci

SATURDAY		
8:00-9:00am	BodyPump	Alt.Instructor
8:00-9:00am	RPM	Alt.Instructor
9:05-9:35am	CXWORX	Alt.Instructor
9:40-10:40am	BodyCombat	Alt.Instructor
10:45-11:45am	BodyFlow	Alt.Instructor
12:00-1:00pm	Zumba	Alt.Instructor

WEDNESDAY		
5:00-6:00am	BodyPump	Shannon
6:00-6:30am	CXWORX	Shannon
7:30-8:30am	Forever Fit - Zumba	Val
8:30-9:30am	RPM	Ro
8:35-9:35am	BodyPump	Wendy
9:40-10:40am	BodyFlow	Traci
5:15-5:45pm	CXWORX	Erika / Vic
5:30-6:30pm	Spin	Heather
5:45-6:45pm	BodyCombat	Vic
6:45-7:45pm	Zumba	Jori

SUNDAY		
7:00-7:55am	BodyFlow	Susan
8:00-9:00am	BodyPump	Alt.Instructor
8:00-9:00am	RPM	Susan
9:05-9:35am	CXWORX	Alt.Instructor
9:40-10:40am	BodyCombat	Alt.Instructor
10:45-11:45am	BodyFlow	Alt.Instructor

Classes and instructors subject to change



Kids Zone Hours

Monday - Friday 8:00am to 8:00pm

Saturday 8:00am to 2:00pm