

# Group Fitness Schedule

Effective Monday, November 5, 2018

www.peaksportsclub.com



# Kids Zone Hours

Mon. - Fri. 8am - 8pm

Sat. 8am - 4pm Sun. Noon - 4pm

MONDAY			Studio
5:00-6:00am	BodyPump	Brian	A
5:00-6:00am	RPM	Marcy/Susie	B
6:05-6:35am	CXWORX	Gabe/Susie	C
6:05-6:35am	GRIT	Alt.Instr	A
7:00-8:00am	Yoga	Deb	C
8:00-9:00am	Pilates Mix	Deb	C
8:30-9:00am	GRIT	Alt.Instr	A
8:30-9:30am	Spin	Beccy	B
9:00-10:30am	Aqua Fitness	Dava	P
9:05-10:05am	Step/Multi-Step	Carrie	A
9:05-10:05am	BodyFlow	Alisha	C
10:10-10:40am	CXWORX	Carrie	A
10:15-11:10am	*Xtend Barre	Alisha	D
10:45-11:30am	Boot Camp	Carrie	A
12:15-1:15pm	BodyPump	Wendy	A
4:15-5:00pm	Fit Kids ages 5-12	Heather	Gym
4:30-5:00pm	GRIT	Alt.Instr	A
5:05-5:35pm	BodyCombat - mini	Danna	A
5:30-6:30pm	RPM	Michael	B
5:35-6:35pm	BodyPump	Danna	A
6:00-7:00pm	BodyFlow	Sheila	C
6:00-7:00pm	Aqua Zumba	Maddie	P
6:35-7:05pm	CXWORX	Michael	A
7:00-8:30pm	Tae Kwon Do - Defense	Don	C
7:10-8:10pm	Yoga	Anne	A
8:10-8:40pm	BodyFlow - mini	Anne	A
TUESDAY			Studio
4:45-5:45am	BodyCombat	Gabe/Susie	A
5:00-6:00am	Cardio Cycle	Dave	B
5:45-6:45am	BodyPump	Michael	A
7:15-8:10am	Forever Fit	Deb	C
8:25-8:55am	CXWORX	Betsey	C
8:25-8:55am	GRIT	Alt. Instr.	A
9:00-10:30am	ABS H2O	Dava	P
9:00-10:00am	BodyPump	Carrie	A
9:00-10:00am	Pilates Mix	Shelly	C
9:00-10:00am	RPM	Betsey	B
10:00-11:00am	Aqua Pilates	Deb	P
10:05-11:05am	BodyCombat	Carrie	A
10:05-10:35am	BodyFlow - mini	Betsey	C
10:05-11:05am	*Xtend Barre	Alisha	D
11:10-12:10pm	Zumba	Amber P	A
4:00-4:30pm	CXWORX	Alisha	A
4:30-5:30pm	BodyCombat	Alisha	A
5:30-6:30pm	BodyPump	Anne	A
5:30-6:30pm	Peak Running Crew	Jenn	D
5:30-6:30pm	RPM	Susan	B
5:30-7:30pm	Tae Kwon Do	MSTR Kim	C
6:00-7:00pm	Aqua Fitness	Julie	P
6:35-7:05pm	CXWORX	Susan	A
7:10-8:10pm	Yoga	Anne	A
WEDNESDAY			Studio
5:00-6:00am	BodyPump	Brian	A
5:00-6:00am	RPM	Marcy/Susie	B
6:00-7:00am	BodyFlow	Michael	D
6:05-6:35am	CXWORX	Gabe/Susie	C
6:05-6:35am	GRIT	Alt.Instr	A
8:30-9:00am	GRIT	Alt.Instr	A
8:30-9:30am	Spin	Sue S.	B
8:30-9:30am	Yoga	Sheila	C
9:00-10:30am	Aqua Fitness	Dava	P
9:00-10:00am	BodyCombat	Alisha	A
9:35-10:05am	CXWORX	Sheila	C
10:05-11:05am	Zumba	Amber P	A
10:15-11:15am	BodyFlow	Betsey/Sheila	C
12:15-1:15pm	BodyPump	Amber B	A
4:15-5:00pm	Kids Yoga ages 5-12	Heather	C
4:30-5:25pm	Boot Camp	Tami	A
4:30-5:30pm	RPM	Marcy	B
5:05-6:00pm	*Xtend Barre	Danna	D
5:30-7:30pm	Tae Kwon Do	MSTR Kim	C
5:30-6:00pm	GRIT	Alt.Instr	A
6:00-6:35pm	BodyAttack - mini	Amber B	A
6:00-7:00pm	Aqua Zumba	Maddie	P
6:05-7:05pm	BodyFlow	Betsey/Michael	D
6:40-7:40pm	BodyPump	Amber B	A

THURSDAY			Studio
4:45-5:45am	BodyCombat	Gabe/Susie	A
5:00-6:00am	Spin	Dave	B
5:45-6:45am	BodyPump	Michael	A
7:15-8:10am	Forever Fit	Deb	C
8:25-8:55am	CXWORX	Amber B	C
8:25-8:55am	GRIT	Alt. Instr.	A
8:30-10:00am	Aqua Fitness	Julie	P
9:00-10:00am	BodyCombat	Carrie	A
9:00-9:45am	RPM / Spin	Dawn/Heather	B
9:20-10:20am	Pilates Mix	Frankie	C
10:00-10:55am	*Xtend Barre	Danna	D
10:05-11:05am	BodyPump	Carrie	A
4:30-5:00pm	GRIT	Alt. Instr.	A
5:00-5:30pm	CXWORX	Alisha	C
5:05-5:35pm	BodyCombat - mini	Tracy	A
5:35-6:35pm	BodyFlow	Alisha	C
5:35-6:35pm	BodyPump	Danna	A
6:00-7:00pm	Aqua Zumba	Maddie	P
6:35-7:05pm	BodyAttack - mini	Amber	A
7:10-8:10pm	Yoga	Anne	A
FRIDAY			Studio
5:00-6:00am	BodyPump	Brian	A
5:00-6:00am	RPM	Marcy/Susie	B
6:05-6:35am	CXWORX	Gabe/Susie	C
6:05-6:35am	GRIT	Alt. Instr.	A
8:00-9:00am	BodyPump	Betsey	A
8:00-9:00am	Yoga	Alisha	C
9:00-10:00am	Aqua Pilates	Deb	P
9:05-10:05am	Boot Camp	Carrie	A
9:05-10:05am	RPM	Betsey	B
10:00-11:00am	Aqua Fitness	Dava	P
10:45-11:15am	BodyFlow - mini	Carrie	C
10:10-10:40am	CXWORX	Carrie	A
10:45-11:45am	Zumba	Amber P.	A
4:30-5:30pm	BodyCombat	Amber B	A
5:30-7:30pm	Tae Kwon Do	MSTR Kim	C
5:30-6:00pm	CXWORX	Amber B	A
6:00-6:30pm	BodyAttack - mini	Tami	A
6:40-7:40pm	Zumba	Tana	A
SATURDAY			Studio
6:00-7:00am	BodyPump	Alt. Instr.	A
7:00-7:30am	GRIT	Alt. Instr.	C
7:05-8:05am	BodyCombat	Alt. Instr.	A
7:05-8:05am	RPM	Alt. Instr.	B
8:00-9:00am	Aqua Fitness	Nancy	P
8:05-9:05am	BodyFlow	Alt. Instr.	C
8:05-9:05am	BodyPump	Alt. Instr.	A
8:05-9:00am	*Xtend Barre	Alisha	D
8:30-10:00am	Spin Challenge	Alt. Instr.	B
9:10-10:10am	Pilates Mix	Alt. Instr.	C
9:10-10:10am	BodyCombat	Alt. Instr.	A
10:15-11:15am	BodyFlow	Anne	C
10:15-11:15am	BodyAttack	Alt. Instr.	A
SUNDAY			Studio
7:00-8:00am	RPM	Gabe/Susie	B
8:00-8:30am	CXWORX	Gabe/Susie	A
8:30-9:30am	Yoga	Anne	C
8:35-9:05am	GRIT	Alt. Instr.	A
9:00-11:00am	Aqua Fitness	Dava	P
9:10-9:40am	BodyAttack - mini	Heather	A
9:40-10:40am	BodyPump	Anne	A
10:45-11:45am	BodyFlow	Anne	A
1:00-2:00pm	Zumba	Alt. Instr.	A
3:00-4:00pm	RPM	Michael	B
4:00-5:00pm	BodyFlow	Renee	C
4:05-5:05pm	BodyPump	Alt. Instr.	A
5:05-6:05pm	BodyCombat	Tami	A

A - Main Studio B - Cycling Studio C - Youth and Arts Studio  
D - Mind/Body & More P - Pool

\*Fee & registration required for Xtend Barre