

SRC GROUP FITNESS

FALL 2018

Classroom: **AR** = Aerobics Room **SYN** = Synergy Studio **DS** = Dance Studio
Please see the back of this schedule for class descriptions.

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00-8:45 AM (SYN)	Rise & Grind Madeline	Rise & Grind Madeline	Rise & Grind Madeline	Rise & Grind Madeline	
12:00-12:45 PM (SYN)	Mercy Anastasiya	Mercy Anastasiya	Mercy Anastasiya	Mercy Anastasiya	
4:00-4:25 PM (SYN)	Spin & Tone Madeline & Kara	Gun Show David	Spin & Tone Madeline & Kara	Gun Show Joseph	
4:30-4:55 PM (SYN)		Don't Skip Leg Day Joseph		Don't Skip Leg Day David	
5:00-5:30 PM (SYN)	Panther Power (drop in class) Joseph, Kara, Audrey	HIIT Kristi	Panther Power (drop in class) Joseph & David	HIIT Kristi	
5:30-6:00 PM (SYN)					
6:00-6:30 PM (SYN)					
6:30-7:00 PM (SYN)		Panther Power (drop in class) Kaleb & David		Panther Power (drop in class) Joseph & David	
7:00-7:30 PM (SYN)					
7:00-7:45 AM (DS)	Early Bird Yoga Kristi	Early Bird Yoga Erin	Early Bird Yoga Kristi		
8:00-8:45 AM (DS)	Namaste Erin	Namaste Kristi	Namaste Erin	Namaste Kristi	Namaste Erin
4:30-4:55 PM (DS)		6 Pack Abs Kaleb	6 Pack Abs Joseph	6 Pack Abs Joseph	
5:00-5:45 PM (DS)	Werk Audrey		Werk Audrey		Namaste Siera
6:00-6:45 PM (DS)	Simple Yoga Kara	Werk Audrey	Simple Yoga Kara	Werk Audrey	
7:00-7:45 PM (SYN)	Namaste Siera		Namaste Siera		
4:00-4:45 PM (AR)	Meet me at the Bar Anastasiya		Kickboxing Anastasiya		
5:00-5:45 PM (AR)	Training Day Kaleb	Kettle Bell Audrey	Training Day Kara	Kettle Bell Audrey	