

# SRC GROUP FITNESS

## Spring 2019

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
<b>8:00-8:45 AM (SYN)</b>	Rise & Grind Madeline	Rise & Grind Madeline	Rise & Grind Madeline	Rise & Grind Joesph	Rise & Grind Joesph
<b>4:00-4:25 PM (SYN)</b>	Spin & Tone Madeline & Kara	Spin & Tone Madeline & Kara			<b>All fitness classes are FREE!!!!</b>  <b>Just drop in!!</b>
<b>4:30-4:55 PM (SYN)</b>					
<b>5:00-5:30 PM (SYN)</b>	Panther Power Joseph	Glute Lab Kristi	Panther Power Joseph	Glute Lab Anastasiya	
<b>5:30-6:00 PM (SYN)</b>					
<b>6:00-6:30 PM (SYN)</b>		Power Hour Joseph		Power Hour Joseph	
<b>6:30-7:00 PM (SYN)</b>					

<b>7:00-7:45 AM (DS)</b>	Sunrise Yoga Amanda		Sunrise Yoga Amanda		Sunrise Yoga Amanda
<b>8:00-8:45 AM (DS)</b>	Namaste Kristi	Namaste Kristi	Namaste Kristi	Namaste Kristi	
<b>5:00-5:45 PM (DS)</b>	Werk Audrey	6 Pack Abs Joseph	Barre Kristi		Namaste Siera
<b>6:00-6:45 PM (DS)</b>	Simple Yoga Kristi	Werk Audrey	Yoga Core Hope	Yoga Core Hope	
<b>7:00-7:45 PM (DS)</b>	Namaste Siera	Namaste Amanda	Namaste Siera		

<b>5:00-5:45 PM (AR)</b>	Glute Lab Anastasiya	Sculpt & Tone Kara	Sculpt & Tone Anastasiya		<b>We welcome anyone and everyone!!</b>
<b>6:00-6:45 PM (AR)</b>	Sculpt & Tone Audrey	Kickboxing Anastasiya	Kickboxing Anastasiya		
<b>7:00-7:45 PM (AR)</b>			Werk Audrey		