

SRC GROUP FITNESS SCHEDULE

Spring 2018

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

	Monday	Tuesday	Wednesday	Thursday
8:00-8:45 AM (SYN)	Ultimate Conditioning <i>Madeline & Kaleb</i>	Ultimate Conditioning <i>Kristi & Audrey</i>	Ultimate Conditioning <i>Madeline & Joseph</i>	Ultimate Conditioning <i>Izabella & Kaleb</i>
12:00-12:45 PM (SYN)	Circuit Training <i>Anastasiya</i>	Circuit Training <i>Joseph</i>	Circuit Training <i>Anastasiya & Audrey</i>	Circuit Training <i>Joseph</i>
5:00-5:45 PM (SYN)	HIIT <i>Izabella & Hollie</i>	Panther Power (Drop In Class) <i>David & Joseph</i>	HIIT <i>Izabella & David</i>	Panther Power (Drop In Class) <i>David & Joseph</i>
6:00-6:30 PM (SYN)	TRX + Core <i>Izabella & Megan</i>		TRX + Core <i>Kristi & Megan</i>	

8:00-8:45 AM (DS)	Yoga Flow <i>Vidhi</i>	Yoga Strength <i>Izabella</i>	Yoga Strength <i>Kristi</i>	Yoga Flow <i>Kristi</i>
4:00-4:45 PM (DS)	Pilates <i>Hollie</i>	Pilates <i>Vidhi</i>	Pilates <i>Hollie</i>	Pilates <i>Vidhi</i>
5:00-5:45 PM (DS)	Guts, Guns, & Buns <i>Kristi</i>	Barre Burn <i>Izabella</i>	Barre Burn <i>Kristi</i>	
6:00-6:45 PM (DS)	Yoga Strength <i>Kristi</i>	Yoga Flow <i>Vidhi</i>	Yoga Flow <i>Izabella</i>	Yoga Strength <i>Vidhi</i>

4:30-4:55 PM (AR)		Core Plus <i>Anastasiya</i>	Body Bar <i>Anastasiya</i>	Core Plus <i>Izabella</i>
5:00-5:25 PM (AR)				
5:30-6:15 PM (AR)	Werk! <i>Audrey</i>	Rock Bottom <i>Kristi</i>		Rock Bottom <i>Izabella</i>
6:25-7:00 PM (AR)		Werk! <i>Audrey</i>		Werk! <i>Audrey</i>