



FITNESS

# Studio B-Multipurpose Room Schedule

Oct 15 – Oct 21, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-6:00am		5:45-Body Pump	CXWorx – 5:45	5:45 – Body Pump	5:30-BodyFlow Strgth		
6:00-6:30		Body Pump	BodyFlow Stretch – 6:15	Body Pump-45 Min	BodyFlow Strength		
6:30-7:00							
7:00-7:30							
7:30 – 8:00						CXWORX	
8:00 – 8:30					CXWORX	CXWORX	
8:30 – 9:00	Body Step – 8:45	Body Pump	Body Step	Body Pump	Body Flow	Body Pump	
9:00a – 9:30	Body Step-45 Min	Body Pump	Body Step	Body Pump	Body Flow	Body Pump	
9:30 – 10:00	Body Flow	Cardio Burn-45 Min	Body Pump-45 Min	HIIT Strength-40 Min	Muscle Condition	TONE	
10:00-10:30	Body Flow	Core15 – 10:15	Interval 30 – 10:15	HIIT Strength	Muscle Condition	TONE	
10:30 – 11:00	TONE – 45 Min	BodyFlow Stretch	Zumba Gold – 10:45	TONE – 45 Min		BodyFlow-10:15	
11:00 – 11:30	TONE		Zumba Gold	TONE		Body Flow	
11:30-12:00				CXWORX -30 Min			
12:00 – 12:30	12:15-Body Pump	12:15-Body Flow	CXWorx – 12:15	Body Flow – 12:15	Body Pump – 12:15		
12:30-1:00	Body Pump	Body Flow	Body Flow Stretch 12:45	Body Flow	Body Pump		
1:00-1:30	Body Pump		Body Flow Stretch				
1:30-2:00	Senior Strength		Senior Strength		Senior Strength		
2:00-2:30	Senior Strength		Senior Strength		Senior Strength		
2:30-3:00							
3:00-3:30							
3:30-4:00							
4:00-4:30							CXWORX
4:30-5:00	Body Flow			Body Pump-45 Min			Body Flow
5:00 – 5:30	Body Flow			Body Pump			Body Flow
5:30 – 6:00	Body Step 45 min	Body Pump	Body Flow	Body Flow			
6:00-6:30	Body Pump – 6:15	Body Pump	Body Flow	Body Flow			
6:30-7:00	Body Pump 45 min	BodyFlow Stretch					
7:00-7:30							
7:30-8:30							

Class schedules are also available online at [www.firsthealth.org/fitness](http://www.firsthealth.org/fitness)