



FITNESS

Studio B-Multipurpose Room Schedule

February 18 – February 24, 2019

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

Class schedules are also available online at www.firsthealth.org/fitness