



FITNESS

# Studio A Schedule

Oct 15 – Oct 21, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sun.
5:00a-6:00a							
6:00a-6:30am							
6:30a-6:45a							
7:00a-7:30a							
7:30a – 8:00a							
8:00 – 8:30							
8:30a-9:00a	Beg Yoga	Pilates	Yoga	Pilates Barre – 8:45	Yoga -8:45		
9:00a – 9:30	Beg Yoga	Pilates	Yoga	Pilates Barre	Yoga	Pilates Barre	
9:30 – 10:00	Condition & Stretch	Pilates Barre-45 Mi	Pilates	Zumba	Dancer's T & S	Pilates Barre	
10:00a-10:30a	Condition & Stretch	Pilates Barre	Pilates	Zumba	Dancer's T & S		
10:30 - 11:00		Yoga Sculpt-10:15					
11:00 – 11:30	Cardiac Rehab	Yoga Sculpt	Cardiac Rehab	<b>Country Line Dance</b>	Cardiac Rehab	<b>Stretch Clinic For Seniors</b>	
11:30-12:00	Cardiac Rehab		Cardiac Rehab	<b>Country Line Dance</b>	Cardiac Rehab		
12:00 – 12:30	<b>GRIT</b>	<b>Medical Fitness</b>	<b>GRIT</b>	<b>Medical Fitness</b>			
12:30-1:00	<b>GRIT</b>	<b>Medical Fitness</b>	<b>GRIT</b>	<b>Medical Fitness</b>			
1:00-1:30							
1:30-2:00							
2:00-2:30	Cardiac Rehab		Cardiac Rehab		Cardiac Rehab		
2:30-3:00	Cardiac Rehab		Cardiac Rehab		Cardiac Rehab		
3:00-3:30							Zumba
3:30-4:00							Zumba
4:00-4:30							
4:30-5:00		Pilates Barre	Pre/Post Natal Yoga				
5:00-5:30		Pilates Barre	Pre/Post Natal Yoga	Pilates Barre 5:15			
5:30-6:00	TONE-New	Yoga XL	Zumba	Pilates Barre			
6:00-6:30	TONE-45 Min	Zumba-6:15	Zumba	BANG,Power Dance			
6:30-7:00		Zumba		BANG,Power Dance			
7:00-7:30				<b>Hip Hop Fitness</b>			
7:30-8:00				<b>Hip Hop Fitness</b>			
8:00-9:15							

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