

GROUP FITNESS SCHEDULE

965-4216 ~ 1802 N. ANKENY BLVD. ~ ANKENY

Monday		
8:15-9:00AM	GRIT Cardio	Joanna
9:15-9:45AM	BODYPUMP Express	Sara
9:50-10:20AM	Les Mills CORE	Sara
10:30-11:15AM	Zumba Gold	Ashlie
5:00-5:45PM	Tabata & Core	Kay
6:00-7:00PM	BODYPUMP	Dawn
Tuesday		
5:00-5:50AM	Strictly Strength	Kay
8:15-9:00AM	Step	Sara
9:15-10:15AM	Pilates	Sara
10:30-11:15AM	Active Older Adults	Sara
5:00-5:30PM	BODYPUMP Express	Sara
5:35-6:05PM	Les Mills Core	Sara
6:15-7:15PM	Yoga	Angela
Wednesday		
8:15-9:00AM	Cardio/Strength Combo	Heidi
9:15-10:15AM	Yoga	Rachel
10:30-11:15AM	Chair Yoga	Rachel
5:00-5:45PM	Butts & Guts	Kay
6:00-6:45PM	Step	Heidi
Thursday		
5:00-5:50AM	Grit Cardio/Tabata	Lori
8:15-9:00AM	Cardio Kickboxing	Kathryn
9:15-10:15AM	BODYPUMP	Sara
10:30-11:15AM	Active Older Adults	Sara
5:30-6:30PM	BODYPUMP	Yelena
Friday		
5:00-5:50AM	BODYPUMP	Lori
8:15-8:45AM	GRIT Strength	Amber
8:50-9:20AM	Les Mills CORE	Amber
Saturday		
8:15-9:00AM	Step	Sara
9:15-10:15AM	BODYPUMP	Dawn
10:30-11:20AM	Zumba	Yelena
Sunday		
4:00-5:00PM	BODYPUMP	Rotation
5:15-6:15PM	Yoga	Yelena