

Times	Monday	Tuesday	Wednesday	Thursday	Friday
5-6 AM	Morning Supercharge All levels welcome Female Session Trainer: Trista		Morning Supercharge All levels welcome Female Session Trainer: Trista		Morning Supercharge All levels welcome Female Session Trainer: Trista
6-7 AM	HIIT the ground running All levels welcome Male/Female Session Trainer: Keith	Express Workout 6-6:30 am All levels welcome Male/Female Session Trainer: Keith	HIIT the ground running All levels welcome Male/Female Session Trainer: Kyle	Express Workout 6-6:30 am All levels welcome Male/Female Session Trainer: Kyle	HIIT the ground running All levels welcome Male/Female Session Trainer: Trista
7-8 AM	Strength Building All levels welcome Male/Female Session Trainer: Keith	Total Body Sculpt Beginner-Intermediate Male/Female Session Trainer: Keith	Strength Building All levels welcome Male/Female Session Trainer: Kyle	Total Body Sculpt Beginner-Intermediate Male/Female Session Trainer: Kyle	Strength Building All levels welcome Male/Female Session Trainer: Keith/Kyle
8-9 AM	Iron Man/Woman Intermediate-Advanced Male/Female Session Trainer: Keith	Iron Man/Woman Beginner-Intermediate Male/Female Session Trainer: Kyle	Iron Man/Woman Intermediate-Advanced Male/Female Session Trainer: Kyle	Iron Man/Woman Beginner-Intermediate Male/Female Session Trainer: Kyle	Iron Man/Woman Intermediate-Advanced Male/Female Session Trainer: Kyle/Keith
9-10 AM	Fit Mamas Intermediate-Advanced Female Session Trainer: Keith	Open time for rehab training/personal training/open gym	Fit Mamas Intermediate-Advanced Female Session Trainer: Kyle	Open time for rehab training/personal training/open gym	Fit Mamas Intermediate-Advanced Female Session Trainer: Kyle/Keith
10-11 AM	Forward Motion Beginner-Intermediate Male/Female Session 55+ yrs. old Trainer: Keith	Back on Track Beginner Male/Female Session 60+ yrs. old Trainer: Keith	Forward Motion Beginner-Intermediate Male/Female Session 55+ yrs. old Trainer: Kyle	Back on Track Beginner Female Session 60+ yrs. old Trainer: Kyle	Forward Motion Beginner-Intermediate Male/Female Session 55+ yrs. old Trainer: Keith/Kyle
11 AM-12 PM	Active Aging Beginner Male/Female Session 70+ yrs. old Trainer: Keith	Active Aging Beginner Male/Female Session 70+ yrs. old Trainer: Keith	Active Aging Beginner Male/Female Session 70+ yrs. old Trainer: Kyle	Active Aging Beginner Male/Female session 70+ yrs. old Trainer: Kyle	Active Aging Beginner Male/Female Session 70+ yrs. old Trainer: Kyle/Keith
12-12:30 pm		Flex-Flow Mobility 12-12:30 pm All levels welcome Male/Female Session Trainer: Kyle		Flex-Flow Mobility 12-12:30 pm All levels welcome Male/Female Session Trainer: Keith	
5:30-6:30 PM	Express Workout! 5:30-6:00 pm All levels welcome Male/Female Session Trainer: Kyle	Total Body Sculpt All levels welcome Male/Female Session Trainer: Kyle	Express Workout 5:30-6:00 pm All levels welcome Male/Female Session Trainer: Keith	Total Body Sculpt All levels welcome Male/Female Session Trainer: Keith	Express Workout 5:30-6:00 pm All levels welcome Male/Female Session Trainer: Keith/Kyle

