



Group Fitness Schedule Block 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:15 am	Pilates <i>Melinda</i>	Sunrise Yoga <i>Victoria</i>	Pilates <i>Melinda</i>	HIIT <i>Ellie</i>	
11:00 – 11:50 am	Fit 4 Life <i>Christina, rec gym</i>		Fit 4 Life <i>Christina, rec gym</i>		Fit 4 Life <i>Christina, rec gym</i>
1:30– 2:30 pm			Boxing <i>Adam</i>		Boxing <i>Adam</i>
3:00 pm		Vinyasa Yoga <i>LeAnne</i>			
4:15 – 5:15 pm	Total Body Strength <i>Ella</i>	Cardio Blast <i>Ella</i>	Yin Yoga <i>Misty</i>	Body Weight Strength <i>Ella</i>	
**5:00 pm		<i>Caprese Trout Running Club</i>		<i>Caprese Trout Running Club</i>	
5:30 – 6:45 pm	HIIT <i>Ellie</i>	Sweat to the Beat <i>Emily</i>		Sweat to the Beat <i>Emily</i>	
7:00 pm	Boxing <i>Adam</i>		Jazz Funk <i>Veronica</i>		
8:15 pm	Dance HIIT <i>Eliza</i>		Dance HIIT <i>Eliza</i>		

- Class formats aim to serve ability and skill levels. Participants should always consult your physician prior to starting any exercise program.
- Only Fit 4 Life and the Caprese Running Club will be held all 4 weeks. No other classes are led during 4th week.

- *****Caprese Trout Running Club*** – meets at the north entrance of the AFP Fitness Center.