

WIFC Schedule 2019

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
5:30-6:30 AM Indoor Cycling Anita	5:30-6:30 AM C.S.I. Anita	5:30-6:30 AM MetCon Beth	5:30-6:30 AM Indoor Cycling Anita	5:30-6:30 AM Pulse Anita	
8:00-8:45 AM C.S.I. Eva	8:00-8:55 AM Core Infusion Joan	8:00-8:55 AM Total Body Workout Eva	8:00-8:55 AM Core Infusion Joan	8:00-8:45 AM Total Body Workout Eva	8:00-8:55 AM Indoor Cycling Rotation
8:45-9:30 AM Butts & Guts Eva	9:00-9:55 AM Indoor Cycling Joan	9:00-10:00AM Sculpt to the Max Sandie	9:00-9:55 AM Indoor Cycling Joan	8:45-9:30 AM Butts & Guts Eva	9:00-9:55 AM S.O.S. Rotation
9:35-10:35AM Sculpt to the Max Sandie				9:35-10:35 AM Muscle Definition Sandie	10:00-11:00 AM Zumba Rotation
9:30-10:30 AM** Pulse Eva	10:00-11:00 AM Silver Sneakers I Sandie	10:05-11:00 AM Silver Sneakers II Eva	10:00-11:00 AM Silver Sneakers I Sandie		<u>Fitness Schedule</u>
	10:00-11:00 AM** Indoor Cycling 101 Joan		10:00-11:00 AM** Indoor Cycling 101 Joan		
10:40-11:35 AM Low Cardio "BOOM" Strength & Stretch Sandie	11:05-12:00PM Gentle Stretch Sandie	11:05-12:00PM Yoga Kathy	11:05-12:00PM Gentle Stretch Sandie	10:40-11:35 AM Low Cardio "BOOM" Strength & Stretch Sandie	<u>SUNDAY</u>
12:15-1:00 PM Core Infusion W/Cardio Eva	12:15-1:00 PM Pulse Lyndsey	12:15-1:00 PM Total Body Workout Eva	12:15-1:00 PM C.S.I. Lyndsey	12:15-1:00 PM Total Body Workout Lyndsey	12:00-1:00 PM Turbo Kick Hillary
5:00-5:55 PM C.S.I. Anita	5:00-5:15 PM Ab Blast Liz	5:00-5:55 PM Muscle Definition Aimee S.	5:00-5:15 PM Ab Blast Aimee	**Class not held in the Fitness Room	1:00-2:00 PM Strong by Zumba Hillary
6:00-6:55 PM Total Body Workout Danielle	5:15-6:00 PM MetCon Liz	6:00-6:30 PM Strong 30 Hillary	5:15-6:00 PM Total Body Workout Aimee		6:00-7:00PM Indoor Cycling Rotation
7:00-8:00 PM Sculpt to the Max Danielle	6:30-7:25 PM Turbo Kick Hillary	6:30-7:15 PM Zumba Hillary	6:05-7:00 PM Indoor Cycling Carol	Child Care Hours Monday-Friday 8:30AM-1:00 PM Monday-Thursday 4:30-8:30 PM Saturday 8:00 AM-12:00 PM	**Pre-Registration is Required for CSI, Indoor Cycling & Cycling101 Only 24 hr. in advance 735-6286
	7:30-8:30 PM Yoga Kathy	7:20-8:20 PM Indoor Cycling 101 Hillary	7:05-8:05 PM Yoga Kathy		