



CEDAR VALLEY SPORTSPLEX

Where active lifestyles take shape

GROUP FITNESS SCHEDULE: September 14- October 4

Location	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
POWERHOUSE		Power Hour 5:10a / Alphonso		Power Hour 5:10a / Bryan		
		Power Hour 6:10a / Alphonso		Power Hour 6:10a / Bryan		
	Fit Foundations Circuit 8:00a / Robin	Living Young Strength 8:00a / Bryan	Abs & Stretch 8:00a / Cris	Living Young Strength 8:00a / Alyssa		
	Results 9:00a / Robin	Total Body Fitness 9:00a / Rhonda	Results 9:00a / Robin		Results 9:00a / Robin	
	Strength Intervals 11:00a / Summer		Strength Intervals 11:00a / Summer			
	20 minute Abs 12:30p / Summer		20 minute Abs 12:30p / Summer			
	Power Hour 4:30p / Bryan	Strength Circuit 4:30p / Eric	Bootcamp Intervals 4:30p / Alyssa	Combat Fitness 4:30p / Luke		
TURF	Power Hour 5:30p / Bryan	Mitts & Grit 5:30p / Eric	Boot camp Intervals 5:30p / Alyssa	Combat Fitness 5:30p / Luke		
	Boot Camp 5:10a / Chelsey		Boot Camp 5:10a / Luke		Boot Camp 5:10a / Melissa	
FITNESS STUDIO	Boot Camp 6:10a / Chelsey		Boot Camp 6:10a / Luke		Boot Camp 6:10a / Melissa	
	Tai Chi 7:00a / Daphne			Tai Chi 7:00a / Daphne		
	Abs & Stretch 8:00a / Cris	Yoga Stretch 8:00a / Eliz	Balls, Bars, & Balance 8:00a / Robin	Yoga Stretch 8:00a / Eliz	Build & Burn 8:00a / Robin	
	Movin & Groovin 9:00a / Cris	Beginner/Chair Yoga 9:00a / Eliz	Movin & Groovin 9:00a / Cris	Beginner/Chair Yoga 9:00a / Eliz	Body Sculpt 9:00a / Tina	Dance & Tone 9:00a / Karyn
			Dance & Tone 4:30p / Karyn			
PEDAL-PLEX	Dance & Tone 5:30p / Karyn	Hula Hoop 101 6:30p / Breanna				
		Spin 5:45a / Summer		Spin 5:45a / Summer		
	Spin 11:45a / Summer		Spin 11:45a / Summer		Spin 11:45a / Summer	
POOL						
	Aqua Jam 8:00a / Bryan	Aqua Jam 8:00a / Rhonda	Aqua Jam 8:00a / Bryan	Aqua Jam 8:00a / Penie	Aqua Jam 8:00a / Bryan	
	Aqua Jam 8:50a / Madison		Aqua Jam 8:50a / Anna	Aqua Jam 8:50a / Daphne		
	Aqua Jam 5:30a / Anna	Aqua Jam 5:30p / Jan		Aqua Jam 5:30p / Jan		