

SEPTEMBER

⚡ = Specialty Class | ⬠ = New Class

Club One Group Fitness Schedule

Sunday	Monday	Tuesday	Wednesday	THURSDAY	Friday	Saturday
	1 LABOR DAY Club Hours 7am-noon	2 6:00am - Cross Cond & HIIT Mike 8:30am - Tone, Strength & Abs Kelli 9:30am - Vinyasa Yoga Carol (45min) 9:30am - Spin & Barre Christine 10:15am - Iron Pump Mike (45min) 5:00pm - Dance Fitness Damaris 6:00pm - Pump Missy 6:00pm Bike & Abs Mike L	3 6:00am - Bootcamp Mike L 8:00am - Power Barre Kelli 9:30am - Cardio Blast Christine 9:30am - Fit & Spin Jen 6:00pm - SPIN & SCULPT Damaris 6:00pm - Bootcamp Mason	4 6:00am - HIIT Mike L (45min) 8:30am - Body Basics Sherry 9:30am - Bust Butt BC Christine (45min) 9:30am - 10:15 Spin Jen 10:15-10:30 SCULPT 10:30am Stretch & Restore Christine (30min) 5:00pm - Dance Fitness Damaris 6:00pm - SPIN & PUMP Damaris (45min spin 15 min pump)	5 6am SPIN & CORE Mike L 8:30am - Yoga Elli (downstairs) 9:30am - HIIT Core & More Jen 9:30am - Fit & Spin Christine	6 8:00am Barre Jen (spin room) 9:00am - Spin Jen 9:00am - Iron Pump Plus Jim 10:15am - Dance Fitness Damaris
7 9:00am -FIT & SPIN Elise 9am HIIT Damaris	8 6:00am FIT & SPIN Jen 8:00am - Power Barre Kelli 9:30am - HIIT The Step Christine 9:30am - Fit & Spin Jen 5:00pm - Yoga Heather 6:00pm - HIIT Core & More Missy 6:00pm - Fit & Spin Mike L	9 6:00am - Cross Cond. & HIIT Mike 8:30am - Tone, Strength & Abs Jim 9:30am - Vinyasa Yoga Carol (45min) 9:30am - Spin & Barre Christine 10:15am - Iron Pump Mike (45min) 5:00pm - Dance Fitness Damaris 6:00pm - Pump Missy 6:00pm Bike & Abs Mark	10 6:00am - Bootcamp Mike L 8:00am - Power Barre Kelly 9:30am - Cardio Blast Christine 9:30am - Fit & Spin Jen 6:00pm - SPIN & SCULPT Damaris 6:00pm - HIIT TRX & Core Keith	11 6:00am - HIIT Jen (45min) 8:30am - Body Basics Sherry 9:30am - Bust Butt BC Christine 9:30am - 10:15 Spin 10:15-10:30 SCULPT Kelli 10:30am Stretch & Restore Christine (30 min) 5:00pm - Dance Fitness Missy 6:00pm - SPIN & PUMP Damaris (45min spin 15 min pump)	12 6am SPIN & CORE Mike L 8:30am - Yoga Kelly (downstairs) 9:30am - HIIT Core & More Kelly 9:30am - Fit & Spin Christine	13 8:00am Barre Kelly (spin room) 9:00am - Spin Kelly 9:00am - Iron Pump Plus Jim 10:15am - Dance Fitness Damaris
14 9:00am -FIT & SPIN Jen 9am HIIT Mike L	15 6:00am FIT & SPIN Mike L 8:00am - Power Barre Kelli 9:30am - HIIT The Step Christine 9:30am - Fit & Spin Jen 5:00pm - Yoga Heather 6:00pm - HIIT Core & More Missy 6:00pm - Fit & Spin Mark	16 6:00am - Cross Cond & HIIT Mike 8:30am - Tone, Strength & Abs Jim 9:30am - Vinyasa Yoga Carol (45min) 9:30am - Spin & Barre Christine 10:15am - Iron Pump Mike (45min) 5:00pm - Dance Fitness Missy 6:00pm - Pump Missy 6:00pm Bike & Abs Mike L	17 6:00am - Bootcamp "T" 8:00am - Power Barre Kelly 9:30am - Cardio Blast Christine 9:30am - Fit & Spin Jen 6:00pm - SPIN & SCULPT Mark 6:00pm - HIIT TRX & Core Keith	18 6:00am - HIIT Mike L(45min) 8:30am - Body Basics Sherry 9:30am - Bust Butt BC Christine 9:30am -10:15 Spin 10:15-10:30 SCULPT Jen 10:30am Stretch & Restore Christine (30min) 5:00pm - Dance Fitness Missy 6:00pm - SPIN & PUMP Mark (45min spin 15 min pump)	19 6am SPIN & CORE Jen 8:30am - Yoga Kelly (downstairs) 9:30am - HIIT Core & More Kelly 9:30am - Fit & Spin Christine	20 8:00am Barre Kelly (spin Room) 9:00am - Spin Mark 9:00am - Iron Pump Plus Jim 10:15am - Dance Fitness Missy
21 9:00am - FIT & SPIN Jen 9am HIIT Elise	22 6:00am FIT & SPIN Mike L 8:00am - Power Barre Kelli 9:30am - HIIT The Step Christine 9:30am - Fit & Spin Jen 5:00pm - Yoga Heather 6:00pm - HIIT Core & More Missy 6:00pm - Fit & Spin Mark	23 6:00am - Cross Cond. & HIIT Mike 8:30am - Tone, Strength & Abs Jim 9:30am - Vinyasa Yoga Carol (45min) 9:30am - Spin & Barre Christine 10:15am - Iron Pump Mike (45min) 5:00pm - Dance Fitness Missy 6:00pm - Pump Missy 6:00pm Bike & Abs Mike L	24 6:00am - Bootcamp "T" 8:00am - Power Barre Kelly 9:30am - Cardio Blast Christine 9:30am - Fit & Spin Jen 6:00pm - SPIN & SCULPT Damaris 6:00pm - HIIT TRX & Core Keith	25 6:00am -HIIT Jen(45min) 8:30am - Body Basics Sherry 9:30am - Bust Butt BC Christine 9:30am -10:15 Spin 10:15-10:30 SCULPT Kelli 10:30am Stretch & Restore Christine (30min) 5:00pm - Dance Fitness Missy 6:00pm - SPIN & PUMP Mark (45min spin 15 min pump)	26 6am SPIN & CORE Mike L 8:30am - Yoga Kelly (downstairs) 9:30am - HIIT Core & More Kelly 9:30am - Bike & Bubbles Christine	27 8:00am Barre Kelly (spin room) 9:00am - Spin Kelly 9:00am - Iron Pump Plus Jim 10:15am - Dance Fitness Damaris
28 9:00am - FIT & SPIN Jen 9am HIIT Mike L	29 6:00am FIT & SPIN Mike L 8:00am - Power Barre Kelli 9:30am - HIIT The Step Christine 9:30am - Fit & Spin Jen 5:00pm - Yoga Heather 6:00pm - HIIT Core & More Missy 6:00pm - Fit & Spin Damaris	30 6:00am - Cross Cond & HIIT Mike 8:30am - Tone, Strength & Abs Kelli 9:30am - Vinyasa Yoga Carol (45min) 9:30am - Spin & Barre Christine 10:15am - Iron Pump Mike (45min) 5:00pm - Dance Fitness Damaris 6:00pm - Pump Missy 6:00pm Bike & Abs Mike L				

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