



Group Fitness Schedule

April 2018

2717 Fort Bragg Rd. Fayetteville, NC 28303

Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Studio 2	8:30 am Silver Sneakers Cindy	8:30 am Chair Yoga Sally	8:30 am Silver Sneakers Cindy	8:30 am Chair Yoga Sally	8:30 am Silver Sneakers Marie	9:00 am Strong by Zumba Kristen
Studio 1	9:00 am Yoga Xavier		9:00 am Yoga Xavier	10:00 am Fit Camp Penny	9:00 am Yoga Sally	
Studio 2	9:45 am Silver Sneakers Sally	10:00 am Zumba Doris	9:45 am Silver Sneakers Sally	10:00 am Zumba Doris	9:45 am Silver Sneakers Marie	10:05 am Zumba Jalamair
Studio 1	10:00 am Formation Dance Fitness Xavier	11:00 am Barre Michelle	10:00 am Formation Dance Fitness Xavier	11:00 am Yogalattes Penny	10:00 am Dance Fitness Alex	
Studio 2	11:00 am Silver Sneakers Sally		11:00 am Silver Sneakers Sally		11:00 am Silver Sneakers Sally	11:30 am Yoga Sally
Studio 2	12:00 pm Yoga Sally	12:00 pm Move & Groove Cindy	12:00 pm Yoga Sally	12:00 pm Move & Groove Cindy		
Studio 2		1:00 pm Cardio Circuit Marie		1:00 Strength Circuit Marie		
Studio 2	5:30 pm BodyPump Marie	5:30 pm Strong by Zumba Kristen	5:30 pm Yoga Teresa	5:30 pm 30/30 Piloxing Stretch Jalamair		
Studio 1						
Studio 2	6:30 pm Zumba Doris	6:30 pm Zumba Jalamair	6:30 pm Zumba Kim	6:30 pm Dance Fitness Alexz	6:30 pm Zumba Priscilla	
Studio 1			6:30 pm Legs, Butts and Guts Rachel		6:30 pm Step and Sculpt Rachel	