

# G R O U P F I T N E S S



Get Fit. Have Fun.



## OCTOBER

### HOURS:

Monday-Thursday: 5:30am-8:30pm  
 Friday: 5:30am-7:30pm  
 Saturday: 7:30am-4:00pm  
 Sunday: 11:00am-5:00pm

11:15 Sculpt PiYo (Rexann)  
 5:00 Urban Mix (Andrew)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
6:00 Fat Blasting Intervals (Lindsey) 7:30 Fat Blasting Intervals (Cindy) 9:00 Fat Blasting Intervals (Tracie) 12:15 Strength Express (Trina) 4:15 Fat Blasting Intervals (Amanda) 5:00 Abs Express (Jackie) 5:30 Combat HIITS (Dorothy) 5:30 **TRX @ Urban (Rick) 6:30 Yoga @ Urban (Cheryl)	6:00 Strength Circuits (Rick) 7:30 Yoga (Kelly) 9:00 PiYo Strength (Tracie) 10:00 Simply Fit (Bernie) 12:15 TRX Core Power Express (Dana) 4:15 Strength (Amy) 5:00 Step Intervals (Dorothy) 5:30 Urban Mix HARDCORE (Eric) 5:35 Lift & Shred (Sarah)	6:00 Turbo Strength (Amanda) 6:00 **Cycle @ Urban (Sam) 7:30 Total Core (Harry) 9:00 Pilates Flow (Kelly) 12:15 Pilates Express (Kristen) <b>4:15 Sculpt PiYo on the Ball (Kristen)</b> 5:00 Pilates Express (Dana) 5:30 Fat Blasting Intervals (Lindsey) 5:30 Urban Strength (Andrew)	6:00 Body Intense (Tracie) 9:00 Step/Strength (Ami) 10:00 Simply Fit (Bernie) 12:15 Fat Blasting Express (Lindsey) 4:15 TRX Core Power (Lindsey) 5:00 Strength Express (Rex) 5:30 CIZE (Sarah) 5:30 **Cycle Strength @ Urban (Amanda)	6:00 Yoga Strength (Amy) 6:00 Urban Strength (Rick) 9:00 BOSU/TRX (Lara) 9:35 Balletone (Lara) 11:00 Lift & Shred (Amy) 12:15 Power Yoga (Kelly)	7:00 **Cycle HIITS & Hills @ Urban (Tracie) 8:00 Urban Mix @ Urban (Tracie) 8:30 Step (Ami) 9:30 Strength (Trina)
2	3	4	5	6	7/8
6:00 Fat Blasting Intervals (Lindsey) 7:30 Fat Blasting Intervals (Cindy) 9:00 Fat Blasting Intervals (Lindsey) 12:15 Strength Express (Tracie) 4:15 Fat Blasting Intervals (Amanda) 5:00 Abs Express (Jackie) 5:30 Turbo HIITS (Trina) 5:30 **TRX @ Urban (Rick) 6:30 Yoga @ Urban (Cheryl)	6:00 Strength Circuits (Rick) 7:30 Yoga (Amy) 9:00 PiYo Strength (Tracie) 10:00 Simply Fit (Bernie) 12:15 TRX Core Power Express (Dana) 4:15 Strength (Amy) 5:00 Step Intervals (Cindy) 5:30 Urban Mix HARDCORE (Rick) 5:35 Lift & Shred (Sarah)	6:00 Turbo Strength (Amanda) 6:00 ** Cycle @ Urban (Tracie) 7:30 Total Core (Harry) 9:00 Pilates Flow (Kelly) 12:15 Pilates Express (Trina) 4:15 Sculpt PiYo (Cheryl) 5:00 Pilates Express (Dana) 5:30 Fat Blasting Intervals (Rick) 5:30 Urban Strength (Lindsey)	6:00 Body Intense (Tracie) 9:00 Step/Strength (Cindy) 10:00 Simply Fit (Bernie) 12:15 Fat Blasting Express (Lindsey) 4:15 TRX Core Power (Chris) 5:00 Strength Express (Rex) 5:30 CIZE (Sarah) 5:30 **Cycle Strength @ Urban (Amanda)	6:00 Yoga Strength (Amy) 6:00 Urban Strength (Rick) 9:00 BOSU/TRX (Lara) 9:35 Balletone (Lara) 11:00 Lift & Shred (Amy) 12:15 Power Yoga (Kelly)	7:00 **Cycle HIITS & Hills @ Urban (Sam) 8:00 Urban Mix @ Urban (Sam) 8:30 Step (Ami) 9:30 Strength (Lindsey)
9	10	11	12	13	14/15
6:00 Fat Blasting Intervals (Lindsey) 7:30 Fat Blasting Intervals (Cindy) 9:00 Fat Blasting Intervals (Tracie) 12:15 Strength Express (Tracie) 4:15 Fat Blasting Intervals (Amanda) 5:00 Abs Express (Jackie) 5:30 Combat HIITS (Trina) 5:30 **TRX @ Urban (Rick) 6:30 Yoga @ Urban (Cheryl)	6:00 Strength Circuits (Rick) 7:30 Yoga (Kelly) 9:00 PiYo Strength (Tracie) 10:00 Simply Fit (Bernie) 12:15 TRX Core Power Express (Dana) 4:15 Strength (Amy) 5:00 Step Intervals (Dorothy) 5:30 Urban Mix HARDCORE (Eric) 5:35 Lift & Shred (Sarah)	6:00 Turbo Strength (Amanda) 6:00 **Cycle @ Urban (Sam) 7:30 Total Core (Harry) 9:00 Pilates Flow (Kelly) 12:15 Pilates Express (Kristen) 4:15 Sculpt PiYo (Cheryl) 5:00 Pilates Express (Dana) 5:30 Fat Blasting Intervals (Rick) 5:30 Urban Strength (Lindsey)	6:00 Body Intense (Tracie) 9:00 Step/Strength (Cindy) 10:00 Simply Fit (Bernie) 12:15 Fat Blasting Express (Lindsey) 4:15 TRX Core Power (Chris) 5:00 Strength Express (Dorothy) 5:30 CIZE (Sarah) 5:30 **Cycle Strength @ Urban (Sam)	6:00 Yoga Strength (Meag) 6:00 Urban Strength (Rick) 9:00 BOSU/TRX (Lara) 9:35 Balletone (Lara) 11:00 Lift & Shred (Amanda) 12:15 Power Yoga (Meag)	7:00 **Cycle HIITS & Hills @ Urban (Tracie) 8:00 Urban Mix @ Urban (Tracie) 8:30 Step (Ami) 9:30 Strength (Trina)
16	17	18	19	20	21/22
6:00 Fat Blasting Intervals (Lindsey) 7:30 Fat Blasting Intervals (Cindy) 9:00 Fat Blasting Intervals (Lindsey) 12:15 Strength Express (Trina) 4:15 Fat Blasting Intervals (Amanda) 5:00 Abs Express (Jackie) <b>5:30 Turbo Strength (Tracie)</b> 5:30 **TRX @ Urban (Rick) 6:30 Yoga @ Urban (Cheryl)	6:00 Strength Circuits (Rick) 7:30 Yoga (Amy) 9:00 PiYo Strength (Tracie) 10:00 Simply Fit (Bernie) 12:15 TRX Core Power Express (Dana) 4:15 Strength (Amy) 5:00 Step Intervals (Dorothy) 5:30 Urban Mix HARDCORE (Lindsey) 5:35 Lift & Shred (Sarah)	6:00 Turbo Strength (Amanda) 6:00 **Cycle @ Urban (Sam) 7:30 Total Core (Harry) 9:00 Pilates Flow (Kelly) 12:15 Pilates Express (Trina) 4:15 Sculpt PiYo (Cheryl) 5:00 Pilates Express (Dana) 5:30 Fat Blasting Intervals (Rick) 5:30 Urban Strength (Lindsey)	6:00 Body Intense (Tracie) 9:00 Step/Strength (Cindy) 10:00 Simply Fit (Bernie) 12:15 Fat Blasting Express (Lindsey) 4:15 TRX Core Power (Rick) 5:00 Strength Express (Sarah) 5:30 CIZE (Sarah) 5:30 **Cycle Strength @ Urban (Dorothy)	6:00 Yoga Strength (Amy) 6:00 Urban Strength (Rick) 9:00 BOSU/TRX (Lara) 9:35 Balletone (Lara) 11:00 Lift & Shred (Amy) 12:15 Power Yoga (Kelly)	7:00 **Cycle HIITS & Hills @ Urban (Amanda) 8:00 Urban Mix @ Urban (Amanda) 8:30 Step (Ami) 9:30 Strength (Rex) <b>10:00 **Yoga 90 @ Urban (Cheryl)</b> <b>**Specialty \$10 Restorative Yoga Workshop</b>
23	24	25	26	27	28/29
6:00 Fat Blasting Intervals (Rick) 7:30 Fat Blasting Intervals (Cindy) 9:00 Fat Blasting Intervals (Tracie) 12:15 Strength Express (Tracie) 4:15 Fat Blasting Intervals (Amanda) 5:00 Abs Express (Jackie) 5:30 Combat HIITS (Trina) 5:30 **TRX @ Urban (Rick) 6:30 Yoga @ Urban (Cheryl)	6:00 Strength Circuits (Rick) 7:30 Yoga (Kelly) 9:00 PiYo Strength (Tracie) 10:00 Simply Fit (Bernie) 12:15 TRX Core Power Express (Dana) 4:15 Strength (Amy) 5:00 Step Intervals (Dorothy) 5:30 Urban Mix HARDCORE (Eric) 5:35 Lift & Shred (Sarah)	6:00 Turbo Strength (Amanda) 6:00 **Cycle @ Urban (Sam) 7:30 Total Core (Harry) 9:00 Pilates Flow (Kelly) 12:15 Pilates Express (Trina) 4:15 Sculpt PiYo (Cheryl) 5:00 Pilates Express (Dana) 5:30 Fat Blasting Intervals (Rick) 5:30 Urban Strength (Lindsey)	<b>BAC Jungle Gym Hours:</b> <b>Mornings:</b> Monday-Thursday 8:45am-10:30am Friday 11am-12pm Saturday 9:00am-10:30am <b>Evenings:</b> Monday-Thursday 4:00pm-6:30pm	6:00 Yoga Strength (Amy) 6:00 Urban Strength (Rick) 9:00 BOSU/TRX (Lara) 9:35 Balletone (Lara) 11:00 Lift & Shred (Amy) 12:15 Power Yoga (Kelly)	7:00 **Cycle HIITS & Hills @ Urban (Amanda) 8:00 Urban Mix @ Urban (Amanda) 8:30 Step (Ami) 9:30 Strength (Rex) <b>10:00 **Yoga 90 @ Urban (Cheryl)</b> <b>**Specialty \$10 Restorative Yoga Workshop</b>
30	31				
6:00 Fat Blasting Intervals (Rick) 7:30 Fat Blasting Intervals (Cindy) 9:00 Fat Blasting Intervals (Tracie) 12:15 Strength Express (Tracie) 4:15 Fat Blasting Intervals (Amanda) 5:00 Abs Express (Jackie) 5:30 Combat HIITS (Trina) 5:30 **TRX @ Urban (Rick) 6:30 Yoga @ Urban (Cheryl)	6:00 Strength Circuits (Rick) 7:30 Yoga (Kelly) 9:00 PiYo Strength (Tracie) 10:00 Simply Fit (Bernie) 12:15 TRX Core Power Express (Dana) 4:15 Strength (Amy) 5:00 Step Intervals (Dorothy) 5:30 Urban Mix HARDCORE (Eric) 5:35 Lift & Shred (Sarah)	<b>**Class Sign-ups required for Monday TRX and all Cycle classes!**</b>			

**THE THINNER WINNER**  
**Ignite Lasting Weight Loss!**  
 Looking for results?? Check out our October specialty events. Flip this calendar over for more details!  
**TRX BURN BODY Beauty**