

June 2022

# GROUP EXERCISE

THREE SPRINGS ROAD

# MIX IT UP!

CLASSES ARE A GREAT WAY TO BREAK  
THE ROUTINE AND STAY ACTIVE!

	SUN	MON	TUES	WED	THU	FRI	SAT
5:15 - 6:15AM		<b>Total Tabata</b> -Carrie  <b>Spin</b> -Jennifer 6/6 -Beth 6/13 -Regina 6/20 -Megan 6/27	<b>Spin</b> -Beth  <b>F.I.T.</b> -Carrie 6/7 -Allison 6/14 -Joy 6/21 -Regina 6/28	<b>Spin</b> -Regina  <b>Total Body</b> -Joy	<b>Spin</b> -Allison  <b>Step</b> -Carrie	<b>Spin</b> -Regina  <b>Bootcamp</b> -Carrie	
8:30 - 9:30AM		<b>Power Up</b>  -Tina	<b>Spin</b> -Chandler  <b>Zumba</b> -Ana	<b>Bootcamp</b> -Tina	<b>Spin</b> -Chandler	<b>F.I.T.</b> -Ana	<b>Spin</b> -Chandler  <b>Saturday Sweat</b> -Regina (F.I.T.)-6/4 -Amy (Tabata)-6/11 -Allison (Power Up+Tabata)-6/18 -Ana (Strong by Zumba)-6/25
9:30 - 10:30AM		<b>Spin</b> -Tina  <b>Stretch "N" Flex</b> -Chandler	<b>Pilates</b>  -Rose	<b>Spin</b> -Tina  <b>Stretch "N" Flex</b> -Heather		<b>Spin</b> -Beth  <b>Yoga Stretch</b> -Chandler	<b>Yoga</b> -Amy
5:30 - 6:30PM		<b>Zumba</b> -Ana	<b>Strength &amp; Agility</b> -Danny	<b>Power Up</b> -Peggy	<b>Explosive Fitness</b> -Danny	<b>Zumba Step/ Zumba</b> -Ana-(Zumba) -6/17,6/24 -Carrie-(Zumba Step) -6/3,6/10	

