

SRC GROUP FITNESS

Spring 2019 FINALS WEEK

Classroom: **AR** = Aerobics Room **SYN** = Synergy Studio **DS** = Dance Studio
Please see the back of this schedule for class descriptions.

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00-8:45AM (SYN)	Rise & Grind Madeline	Rise & Grind Madeline	Rise & Grind Madeline	All fitness classes are FREE!!!! Just drop in!!	
4:00-5:00PM (SYN)		Spin & Tone Madeline & Kara			
5:00-6:00PM (SYN)	Panther Power Joseph		Power Hour Steve		
6:00-6:30PM (SYN)		Power Hour Joseph			
6:30-7:00PM (SYN)					
7:00-7:45AM (DS)		Sunrise Yoga Amanda		HAPPY FINALS WEEK	
8:00-8:45AM (DS)	Namaste Kristi	Namaste Kristi	Namaste Kristi		
5:00-5:45PM (DS)	Werk Audrey	6 Pack Abs Joseph			
6:00-6:45PM (DS)	Simple Yoga Kristi	Werk Audrey	Yoga Core Hope		
7:00-7:45PM (DS)	Namaste Siera	Namaste Amanda	Namaste Siera		
4:00-4:45PM (AR)			HIIT Jenna	We welcome anyone and everyone!!	
5:00-5:45PM (AR)	Glute Lab Anastasiya	Kickboxing Anastasiya	Sculpt & Tone Anastasiya		
6:00-6:45PM (AR)	Jump & Bump Maya				