

IRON WORKS

HEALTH CLUB

Group Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30AM		Spin (John) ----- eXtreme Workout	Spin (John)	Spin (John) ----- eXtreme Workout	Spin (John)	
8:00AM						
8:30AM	Spin (Gary) ----- Circuit (Eddie)	Zumba (Melissa B)	Spin (Gary) ----- Circuit (Eddie)	Zumba (Melissa B)	Spin (Gary) ----- Circuit (Eddie)	
9:00AM	SilverSneakers (Catie)		SilverSneakers (Catie)			eXtreme Workout
9:30AM		Yoga (Dolores)		Yoga (Dolores)	Hatha Yoga (Leslie)	
10:00AM						
11:00AM					Chair Yoga (Catie)	
12:00PM	Bootcamp (Jack)	Bootcamp (Jack)	Bootcamp (Jack)	Bootcamp (Jack)	Bootcamp (Jack)	
4:30PM	eXtreme Workout	eXtreme Workout	eXtreme Workout	eXtreme Workout	eXtreme Workout	
5:30PM	Zumba (Melissa B) ----- eXtreme Workout	Zumba (Anna) ----- Spin (Bryan) ----- eXtreme Workout	HIIT (Becky) ----- eXtreme Workout	Zumba (Anna) ----- Spin (Bryan) ----- eXtreme Workout	eXtreme Workout	
6:30PM	HIIT (Becky) ----- eXtreme Workout	HIIT (Becky) ----- Yoga (Liz) ----- eXtreme Workout	eXtreme Workout	HIIT (Becky) ----- Yoga (Liz) ----- eXtreme Workout	eXtreme Workout	