


FITNESS PLUS

Owned and operated by the same owner since 1983!

SPRING 2019 Group Fitness Weekly Schedule: April 1st – July 1st, 2019

FITNESSplus		FITNESS CLASSES						GET RIPPED!
Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	
9:30-10:30am	Get RIPPED! & Chiseled <i>Jari</i>	NEW CLASS! Barre & Core <i>Val</i>	Get Extremely RIPPED! <i>Kristi</i>	Yoga Hatha Flow <i>Deanna</i>	NEW CLASS! 20/20/20 <i>Kristi</i>	Get RIPPED! Buffet <i>Jari</i>	Circuit <i>Megan</i>	
10:40-11:40am	Seniors Class <i>Danielle</i>		Seniors Class <i>Danielle</i>				Yoga Flow <i>Dasha</i>	
5:30-6:30pm	HIGH fitness <i>Leigh</i>	 ZUMBA <i>Lu</i>	Get RIPPED! to the Core <i>Kathryn</i>	NEW CLASS! Yoga Sattva <i>Rosie</i>	Get RIPPED! & Jacked <i>Robb</i>			
6:40-7:40pm	NEW TIME! Yang-Yin Yoga <i>Dasha</i>	Get RIPPED! & Jacked <i>Robb</i>	NEW TIME! Yoga Mix <i>Deanna</i>					

FITNESSplus		RIDE CLASSES						GET RIPPED! RIDE
Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	
9:00-9:45am					Boomer RIDE <i>Kevin</i>			
9:30-10:15am		RIDE <i>Linda</i>		(9:00-9:30am) HIIT RIDE in 30 <i>Jenn</i>		NEW TIME! (9:30-10:30am) Power Hour RIDE <i>Perveen</i>	(9:30-10:30am) Power Hour RIDE <i>Kevin</i>	
5:30-6:30pm	Power Hour RIDE <i>Teresa</i>		Power Hour RIDE <i>Jari</i>					

- Please note that the Seniors Class is a registered program. Please see the front desk for details.
- Please be advised that classes and instructors are subject to change without notice. Classes with 5 people or less will be cancelled.

LONG WEEKENDS & STAT HOLIDAYS

Monday, April 1, 2019: Spring 2019 Schedule Starts

EASTER 2019 LONG WEEKEND

Friday, April 19: Club hours are 8am-2pm, only 9:30-10:30am 20/20/20 and 9:00-9:45am Boomer Ride will run. All other classes cancelled.

Saturday, April 20: Regular hours (8am-5pm), regular classes.

Sunday, April 21: Regular hours (8am-5pm), regular classes.

Monday, April 22: Regular hours (6am-10pm), regular classes.

MAY 2019 LONG WEEKEND

Saturday, May 18: Regular hours (8am-5pm), regular classes.

Sunday, May 19: Regular hours (8am-5pm), regular classes.

Monday, May 20: Club hours are 8am-2pm, only 9:30-10:30am RIPPED! will run. All other classes cancelled.

JULY 2019 LONG WEEKEND

Saturday, June 29: Regular hours (8am-5pm), regular classes.

Sunday, June 30: Regular hours (8am-5pm), regular classes.

Monday, July 1: Club hours are 8am-2pm, only 9:30-10:30am RIPPED! will run. All other classes cancelled.

Tuesday, July 2, 2019: Summer 2019 Schedule Starts