

Group Fitness Schedule

www.FamilyFitnessWorks.com

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Not Staffed & No Childcare	Childcare Hours: 8am-12pm & 4-8pm	Childcare Hours: 4-8pm	Childcare Hours: 8am-12pm & 5-8pm	Childcare Hours: 8am-12pm & 4-8pm		
Classes that are held outside FFW staffed hours are for FFW Members Only. Other entry will result in trespassing charges.	5:30am : Spinning/MA 8:15am : Spinning/MT 8:30am : T R X/HD 10:30am : SS* Stretch/SJ 11:30: BoomSS/SJ	5:30am : BodyPump/LD 5:45am : Spinning/BR 8:15am : Gentle Yoga/CD 8:15am : BodyPump/MT 9:30am : Spinning/KS 10am : Pilates+/SJ 10:30am : SS*Classic/DC 12pm : FitAfter50/KS	5:30am : Spinning/MA 5:30a : Circuit 2 Circuit/KK 8:15am : Spinning/MT 8:30am : T R X/HD 9:15am : BodyFlow/MM 10:30am: SS*/stability/yoga	5:30am : BodyPump/KK 5:45am : Spinning/MH 8:15am : Gentle Yoga/CD 8:15am : BodyPump/MT 9:30am : Spinning/KS 10am : Pilates+/SK 10:30am : SS*Classic/DC 12pm: FitAfter50/KS 1:30pm : SS*Classic/SJ 4:30pm: Spinning/SP	5:30am : Spinning/MA 6:30am : CoreWorks ⚡/SB 8:15am : Spinning/KS 9:15am : BodyFlow/MM	7am : Spinning/KH 8am : BodyPump/TP/KK
6:30am: Spinning/JK (class available based on John K. schedule) 1pm : Zumba/SD 5pm: StrongbyZumba/KK	12pm : KettleBell/CH 4:30pm : Zumba GOLD/KK 4:45pm : CoreWorks/KS	1:30pm : SS*Classic/SJ 4:30pm HardCore&More/JE 4:30pm : Zumba/BP 5:30pm : BodyPump/KS 5:30pm : KickFit/TL 5:30pm : Spinning/SP 6:30pm: Women'sBox101/TL	11:00am : TurboKick/CH 12pm : KettleBell/CH 12pm: ZumbaQuickBurn/JP 4:30pm: Vineyasa Yoga/MC 5:30pm : Spinning/SB 5:30pm : BodyFlow/JM 5:30pm : TRX ⚡/KH/Kim 6:30pm : CoreWorks/SB	12pm: FitAfter50/KS 1:30pm : SS*Classic/SJ 4:30pm: Spinning/SP 5:30pm : BodyPump/SB 5:30pm: StrongByZumba/KK	10:30am : SS*Classic/DC 12:00pm: Kettlebell/CH 4pm- Kickboxing/TD 5:30pm : Spinning ⚡/SB/KH	9am : StepCombo/JE 9:15am : CoreWorks/KK/SB 10am : justWIN ⚡/SB 10am : Zumba/SD/KK 11am: KickFit/TL

⚡ Classes marked with a "⚡" are considered Family-Friendly Classes (ages 8+); parents **MUST** read and complete a WAIVER & TERMS agreement before participating. ⚡

STUDIO 1 (2nd Floor)
BodyFlow Zumba (ALL) KickFit Boom



FUNCTIONAL TRAINING STUDIO		
BodyPump TRX Suspension CoreWorks POUND	KettleBell Zumbell Butts&Guts Circuit 2 Circuit	HardCore & More justWIN SilverSneakers KickFit (Thursdays)

Group Fitness Instructors:

Chris Pegg / Dave Caldwell / Heather Dils / Jeannie Engle / Jessica McKinney / Jewell Pyle/ Kate Schamel
Kay Koger / Kim Smith / Laura Dafler / Malia Miller / Melissa Cox / Mike Allen / Mike Talbot/ Sheri Kohles/ Kate Kotan
Morgan Howard / Stacy Plumley / Sandy Jeffers / Stephanie Baker / Suzanne Derengowski / Tiffany Philbeck / Toby Ladd
Brett Roland/ Cindy Doner/ Brandy Pardo/ Tim Davis/ Jeff Kottyan/ John Kuhn/ Carey Holt/ Jack Werle/ Kaylynn Hooker

warehouse cafe
.....cafe

Mon-Sat: 7am-2pm
765.935.4645

- Sandwiches & Wraps
- Smoothies (Non-Fat Yogurt Options)
- Coffees & Teas
- Vegan & Vegetarian Options
- Homemade Protein Bars
- Salads & MORE

Online Menu Available!

FFW CROSSFIT

constantly varied functional movements at a high intensity

- FFW CrossFit (Adults)
- CrossFit Kids (6-9)
- CrossFit Pre-Teens (10-12)
- CrossFit Teens (13+)

www.crossfitFFW.com

Indiana FitWorks GYMNASTICS

IFG is a USAG affiliated program, offering instruction & classes for children ages 3+

- PreSchool
- Recreation
- Tumbling
- Levels
- Competitive Team

FitWorksGymnastics@gmail.com
f Indiana FitWorks Gymnastics
USA GYMNASTICS.

PERSONAL TRAINING

Set up your FREE personal training consultation TODAY!
...see front desk for details

- Many different training packages available
- Nutrition Education & Meal Planning

Certified Trainers:
Andy Chapman / Kate Schameil Kim Smith

Family Fitness Works

213 North 3rd Street
Richmond, IN 47374
765.935.9191

Sunday: NOT STAFFED
Monday: 8am - 7pm
Tuesday: 8am - 7pm
Wednesday: 8am - 7pm
Thursday: 8am - 7pm
Friday: 8am - 6pm
Saturday: 8am - 11am

FFW EXPRESS

600 Commerce Road
Richmond, IN 47374
765.373.8136

Sunday: 12pm - 6pm
Monday: 4pm - 8pm
Tuesday: 4pm - 8pm
Wednesday: 4pm - 8pm
Thursday: 4pm - 8pm
Friday: 4pm - 9pm
Saturday: 12pm - 9pm

REC PLEX

600 Commerce Road
Richmond, IN 47374
765.373.8136

Sunday: 12pm - 6pm
Monday: CLOSED
Tuesday: 12pm - 4pm*
Wednesday: CLOSED
Thursday: 12pm - 4pm*
Friday: 4pm - 9pm
Saturday: 12pm - 9pm

* SUMMER HOURS



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