



GROUP FITNESS SCHEDULE

WWW.FAMILYFITNESSWORKS.COM



FAMILYFITNESSWORKS



FAMILYFITNESSWORKS_FFW

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NOT STAFFED CLASSES THAT ARE HELD OUTSIDE FFW STAFFED HOURS ARE FOR FFW MEMBERS ONLY . OTHER ENTRY WILL RESULT IN TRESPASSING CHARGES. 1:00PM STRONG NATION / KK 2:00PM CIRCL MOBILITY / KK	5:30AM SPINNING / MA 8:15AM SPINNING / MT 8:30AM TRX / HS 10:30AM SS* STRETCH / STRENGTH / SJ 5:30PM SPINNING / KS 6:00PM KICKFIT / TL	5:30AM BODYPUMP / KK 8:15AM BODYPUMP / MT 9:30AM CIRCL MOBILITY 10:00AM PILATES / CD 10:30AM SS* CLASSIC / DC 12:30PM SS* CLASSIC / DF 4:45PM CORE / KS 5:15PM ZUMBA / JP 5:30PM BODYPUMP / TP / CP	5:30AM SPINNING / MA 8:15AM SPINNING / MT 9:30AM TRX / HS 10:30AM SS* YOGA / CD 12:00PM ZUMBA QUICK BURN / JP 5:30PM SPINNING / KB 6:00PM KICKFIT / TL 6:30PM BELLYDANCING / NV (FIRST WED. OF MONTH)	5:30AM BODYPUMP / KK 8:15AM BODYPUMP / MT 10:00AM PILATES / CD 10:30AM SS* CLASSIC / DC 12:30PM SS* CLASSIC / DF 4:45PM CORE / KS 5:30PM STRONG NATION / KK 5:30PM GRIT / KS	5:30AM SPINNING / KS / KK 8:15AM SPINNING / KS 9:30AM YOGA / CC 10:30AM SS* CLASSIC / DC	7:00AM SPINNING / KH 8:00AM BODYPUMP / TP / KK

STUDIO 1 (2ND FLOOR)

KICKFIT
(TUESDAYS)

PIYO

KICKBOXING

ZUMBA (ALL)

CIRCL MOBILITY (SUN)

YOGA



FUNCTIONAL TRAINING STUDIO

BODYPUMP
CORE
TRX

GRIT
CIRCL MOBILITY (TUES)
SILVER SNEAKERS

HIIT
KICKFIT

GROUP FITNESS INSTRUCTORS:

CHRIS PEGG / DAVE CALDWELL / HEATHER DILS STENEMAN / JEWELL PYLE / KATE SCHAMEL
KAY KOGER / KIM SMITH / MIKE ALLEN / MIKE TALBOT / CINDY DONER / KIM BROWN
SANDY JEFFERS / TIFFANY PHILBECK / DANA FLANAGAN / CIERRA CALDWELL