

Group Fitness Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Not Staffed						
<p><i>Classes that are held outside FFW staffed hours are for FFW Members Only. Other entry will result in trespassing charges.</i></p> <p>6:30am: Spinning/JK</p> <p>1pm: Strong Nation/KK</p> <p>4:30: Spinning/SP</p>	5:30am : Spinning/MA	5:30am : BodyPump/KK	5:30am : Spinning/MA	5:30am : BodyPump/KK		
	8:15am : Spinning/MT	5:45am : Spinning/KS	8:15am : Spinning/MT	5:30am : Spinning/SP	5:30am : Spinning/MA/KK	7am : Spinning/KH
	8:30am: TRX/HS	8:15am : BodyPump/MT	8:30am: TRX/HS	8:15am : BodyPump/MT	8:15am : Spinning/KS	8am : BodyPump/TP/KK
	10:30am: SS*Stretch/Strength/SJ	8:30am: Gentle Yoga/CD	10:30am:SS*stability-yoga/CD	9:30am: YogaFlow/ED	10:30am: SS*Classic/DC	10am:JustWin/SB
	5:30pm: Zumba Toning/KK	10am: Pilates/SJ	12pm:ZumbaQuick Burn/JP	10:30am: SS*Classic/DC	4pm: Kickboxing/TD	9:30am : Zumba/KB
	5:30pm : Spinning/KS	10:30am: SS*Classic/DC	12pm : KettleBell/CD	1:30pm:SS*Classic/SJ	5:30pm : Spinning /SB/KH	
	6:30pm: Spinning/JK	1:30pm:SS*Classic/SJ	4:30pm: Zumba/BP	4:30pm:Spinning/SP		
6:30pm: Zumba/BP	4:30pm: Zumba/JP	5:30pm : Spinning/SB	5:30pm : BodyPump/SB			
	4:30pm : Spinning/SP	6pm: ThickFitBounce* *not included in FFW Membership	5:30pm: Strong Nation/KK	7:00pm: KickFit (starts in functional training room)		
	5:30pm : BodyPump/KS	6:30pm: KickFit	6:30pm:Zumba/KB			

STUDIO 1 (2nd Floor)		
YogaFlow	Gentle Yoga	MuayThai Kickboxing
Zumba (ALL)	Pilates	ThickFitBounce*



FUNCTIONAL TRAINING STUDIO		
BodyPump	KettleBell	justWIN
TRX Suspension	Zumbell	Silver Sneakers

Group Fitness Instructors:

Chris Pegg / Dave Caldwell / Heather Dils Steneman / Jewell Pyle/ Kate Schamel
 Kay Koger / Kim Smith / Mike Allen / Mike Talbot/Emma Duncan/ Brandy Pardo
 Stacy Plumley / Sandy Jeffers / Stephanie Baker / Kelly Black / Tiffany Philbeck
 Brett Roland / Cindy Doner / Tim Davis /John Kuhn / Kaylynn Hooker

warehouse
.....cafe

Mon-Fri: 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!

Functional Fitness Works

constantly varied functional movements at a high intensity

- Adults
- Kids (6-9)
- Pre-Teens (10-12)

functionalfitnessworks.com

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:
 Kate Schamel & Kim Smith

Real Gym. Real Weights. Real People.
Real Community.

**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

**600 Commerce Road
 Richmond, IN 47374
 765.935.9191**

**FFW Express is not staffed
 24/7 access with key fob**

**- Please visit us at our North 3rd location
 for membership sign ups -**