

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>1pm: Strong Nation/KK</p> <p>2pm: CIRCLMobility/KK</p>	5:30am : Spinning/MA	5:30am : BodyPump/KK		5:30am : BodyPump/KK		
	8:15am : Spinning/MT		5:30am : Spinning/MA	8:15am : BodyPump/MT	5:30am : Spinning/MA/KK	7am : Spinning/KH
	8:30am : TRX/HS	8:15am : BodyPump/MT	8:15am : Spinning/MT	10:00am: PiYo/CD	8:15am : Spinning/KS	8am : BodyPump/TP/KK
	10:30am: SS*Stretch/Strength/SJ	9:30am: CIRCL Mobility	8:30am: TRX/HS	10:30am: SS*Classic/DC		
		10am: PiYo/CD	10:30am:SS*yoga/CD	12:30pm:SS*Classic/SJ		
		10:30am: SS*Classic/DC	12pm:ZumbaQuick Burn/JP	5:30pm:Spinning/KB	10:30am: SS*Classic/DC	
	5:30pm : Spinning/KS	5:15pm: Zumba/JP (45 min)	5:30pm : Spinning/KS	5:30pm : BodyPump/SB	4:30pm: Kickboxing/CD	
	7:00pm-KickFit/TL	5:30pm : Spinning/KB	7:00pm-KickFit/TL	5:30pm: Strong Nation/KK	5:30pm : Spinning/KB	
		5:30pm:BodyPump/TP/CP		6:30pm: ThickFitBounce* (not included in FFW membership)		

STUDIO 1 (2nd Floor)		
KickFit(Tuesdays)	PiYo	Kickboxing
Zumba (ALL)	CIRCL Mobility (Sun)	ThickFitBounce*



FUNCTIONAL TRAINING STUDIO		
BodyPump	CIRCL Mobility (Tues)	HIIT
TRX	Silver Sneakers	KickFit

Group Fitness Instructors:

Chris Pegg / Dave Caldwell / Heather Dils Steneman / Jewell Pyle/ Kate Schamel
 Kay Koger / Kim Smith / Mike Allen / Mike Talbot
 Sandy Jeffers / Stephanie Baker / Tiffany Philbeck
 Cindy Doner / Colton Davis /Steve Rankin/ Kim Brown

Functional Fitness Works

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

*constantly varied functional movements
at a high intensity*

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 & Doug Auman

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

Sunday: NOT STAFFED

Monday: 8am - 7pm

Tuesday: 8am - 7pm

Wednesday: 8am - 7pm

Thursday: 8am - 7pm

Friday: 8am - 6pm

Saturday: 8am - 11am

213 North 3rd Street, Richmond IN 47374

765.935.9191

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

*ThickFit Bounce & Fitness Class *not* included with membership.

