

# Group Fitness Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Not Staffed</b>						
Classes that are held outside FFW staffed hours are for FFW Members Only. Other entry will result in trespassing charges.	5:30am : Spinning/MA	5:30am : BodyPump/KK	5:30am : Spinning/MA	5:30am : BodyPump/KK 5:30am : Spinning/SP		
	8:15am : Spinning/MT	5:30am : Spinning/SR/KS	8:15am : Spinning/MT	8:15am : BodyPump/MT	5:30am : Spinning/MA/KK	7am : Spinning/KH
	8:30am : TRX/HS	8:15am : BodyPump/MT	8:30am : TRX/HS	8:30am : Beginners Yoga/CD 10:00am : Pilates/SJ	8:15am : Spinning/KS	8am : BodyPump/TP/KK
	10:30am : SS*Stretch/Strength/SJ	8:30am : Beginners Yoga/CD	10:30am:SS*yoga/CD	10:30am : SS*Classic/DC	10:30am : SS*Classic/DC	10am:HIIT/SB
1pm: Strong Nation/KK	5:30pm: Zumba Toning/KK	10am: Pilates/SJ	12pm:ZumbaQuick Burn/JP	1:30pm:SS*Classic/SJ	4:30pm: Kickboxing/TD	9:30am : Zumba/KB
	5:30pm : Spinning/KS	10:30am : SS*Classic/DC 1:30pm:SS*Classic/SJ	12pm : KettleBell/CD	4:30pm:Spinning/SP 5:30pm : BodyPump/SB	5:30pm : Spinning/SB <i>(Only on the 1st &amp; 3rd Fridays of each month)</i>	
	6:30pm: Zumba/BP	4:30pm: Zumba/JP	4:30pm: Zumba/BP	5:30pm: Strong Nation/KK 6:30pm:Zumba/KB		
		4:30pm : Spinning/SP 5:30pm : BodyPump/KS	5:30pm : Spinning/SB	7pm: KickFit/TL <i>(Starts in functional training room)</i>		
		6:30pm: KickFit/TL <i>(studio)</i>	6pm: ThickFitBounce* <b>*not included in FFW Membership</b>			

STUDIO 1 (2nd Floor)
KickFit(Tuesdays) Zumba (ALL)
Beginners Yoga Pilates
Kickboxing ThickFitBounce*



FUNCTIONAL TRAINING STUDIO
BodyPump TRX
KettleBell Zumbell
HIIT Silver Sneakers KickFit (Thursdays)

### Group Fitness Instructors:

Chris Pegg / Dave Caldwell / Heather Dils Steneman / Jewell Pyle/ Kate Schamel  
Kay Koger / Kim Smith / Mike Allen / Mike Talbot / Brandy Pardo  
Stacy Plumley/ Sandy Jeffers / Stephanie Baker / Kelly Black / Tiffany Philbeck  
/ Cindy Doner / Tim Davis /Steve Rankin

## 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

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

