



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

Group Fitness Schedule

www.FamilyFitnessWorks.com

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SUNDAY Not Staffed	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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 : TRX/HS 10:30am : SS*Stretch/Strength/SJ 5:30pm: Zumba Toning/KK 5:30pm : Spinning/KS 6:30pm- Zumba/BP 7:00pm-KickFit/TL	5:30am : BodyPump/KK 8:15am : BodyPump/MT 9:30am: CIRCL Mobility 10am: Pilates/SJ 10:30am: SS*Classic/DC 12:30pm: SS*Classic/SJ 4:30pm: Zumba/JP 5:30pm : Spinning/KB 5:30pm:BodyPump/TP/CP	5:30am : Spinning/MA 8:15am : Spinning/MT 8:30am: TRX/HS 10:30am:SS*yoga/CD 12pm:ZumbaQuick Burn/JP 5:30pm : Spinning/KS 6:00pm-KickFit/TL	5:30am : BodyPump/KK 8:15am : BodyPump/MT 10:00am: Pilates/SJ 10:30am: SS*Classic/DC 12:30pm:SS*Classic/SJ 5:30pm:Spinning/KB 5:30pm : BodyPump/SB 5:30pm: Strong Nation/KK 6:30pm: ThickFitBounce* (not included in FFW membership)	5:30am : Spinning/MA/KK 8:15am : Spinning/KS 10:30am: SS*Classic/DC 4:30pm: Kickboxing/TD 5:30pm : Spinning/KB	7am : Spinning/KH 8am : BodyPump/TP/KK 10am:HIIT/SB

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



FUNCTIONAL TRAINING STUDIO	
BodyPump TRX CIRCL Mobility (Tues)	Zumbell HIIT 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 / Brandy Pardo
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 & Richard Nelloms

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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.

