

| MANANA-I GILIN A | 1141-63314011 | 0.0011 | Talling little | 1000 II OTTIO | Janniyii | tile33WULK3_IIW |
|--------------------------------------|-------------------------|------------------------|-------------------------|----------------------------|-------------------------|----------------------|
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| Not Staffed | | | | | | |
| | | | | | | |
| Classes that are held outside FFW | 5:30am : Spinning/MA | 5:30am : BodyPump/KK | 5:30am : Spinning/MA | 5:30am : BodyPump/KK | | |
| staffed hours are for | 8:15am : Spinning/MT | | 8:15am : Spinning/MT | 8:15am : BodyPump/MT | 5:30am : Spinning/MA/KK | |
| FFW Members Only. | | 8:15am : BodyPump/MT | | | | 7am : Spinning/KH |
| Other entry will result in | 8:30am: TRX/HS | | 8:30am: TRX/HS | 10:00am: Pilates/SJ | 8:15am : Spinning/KS | |
| tresspassing charges. | | 9:30am: CIRCL Mobility | | | | 8am : BodyPump/TP/KK |
| | 10:30am: SS*Stretch/ | | 10:30am:SS*yoga/CD | 10:30am: SS*Classic/DC | 10:30am: SS*Classic/DC | |
| | Strength/SJ | | | | | 10am:HIIT/SB |
| 4 0: 11: 11:11 | | 10am: Pilates/SJ | 12pm:ZumbaQuick Burn/JP | 12:30pm:SS*Classic/SJ | 4:30pm: Kickboxing/TD | |
| 1pm: Strong Nation/KK | 5:30pm: Zumba Toning/KK | 40:20 CC*Cl/DC | | | | |
| 0 00001411331111111 | 500 0:: "(0 | 10:30am: SS*Classic/DC | | 5:30pm:Spinning/KB | 5:30pm : Spinning/KB | |
| 2pm: CIRCLMobility/KK | 5:30pm : Spinning/KS | 12:30pm: SS*Classic/SJ | | 5.00 D. I D (OD. | | |
| | C-20 7 | 4-20 7 | F-20 C-::///C | 5:30pm : BodyPump/SB | | |
| | 6:30pm- Zumba/BP | 4:30pm: Zumba/JP | 5:30pm : Spinning/KS | Fr20nm, Ctrong Notion/I/I/ | | |
| | | 5:30pm : Spinning/KB | 6:00pm-KickFit/TL | 5:30pm: Strong Nation/KK | | |
| | 7:00pm-KickFit/TL | J.Jupin . Spirining/ND | 0.00pm-NCKFWTL | | | |
| | 1.00pm=NCKFIUTL | | l | 6:30pm: ThickFitBounce* | | |
| | | 5:30pm:BodyPump/TP/CP | | (not included in | | |
| | | o.oopoog/ ump/11/of | | FFW membership) | | |

STUDIO 1 (2nd Floor)

KickFit(Tuesdays) Zumba (ALL) CIRCL Mobility (Sun) Beginners Yoga **Pilates**

Kickboxing ThickFitBounce*

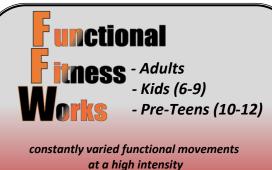


FUNCTIONAL TRAINING STUDIO BodyPump HIIT Silver Sneakers Zumbell TRX CIRCL Mobility (Tues) KickFit

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







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



Set up your **FREE** personal training consulation TODAY!

...see front desk for details

packages available

- Nutrition Education

& Meal Planning

Certified Trainers:

Kate Schamel, Kim Smith & **Richard Nelloms**

warehouse



Mon-Fri: 7am-2pm 765,935,4645

- Sandwiches & Wraps

- Smoothies

(Non-Fat Yogurt Options)

- Coffees & Teas

- Vegan & Vegetarian Options

- Homemade Protein Bars

- Salads & MORE