

Group Fitness Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Not Staffed						
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 : BodyPump/MT	8:15am : Spinning/MT	8:15am : BodyPump/MT	5:30am : Spinning/MA/KK	7am : Spinning/KH
	8:30am : TRX/HS	9:30am : CIRCL Mobility (Functional training room)	8:30am : TRX/HS	10:00am : Pilates/SJ	8:15am : Spinning/KS	8am : BodyPump/TP/KK
	10:30am : SS*Stretch/ Strength/SJ	10am : Pilates/SJ	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	10:30am : SS*Classic/DC	12pm:ZumbaQuick Burn/JP	12:30pm:SS*Classic/SJ	4:30pm: Kickboxing/TD	9:30am : Zumba/KB
2pm: CIRCL Mobility/KK (studio room) Starts 5/31!!	5:30pm : Spinning/KS	12:30pm:SS*Classic/SJ	5:30pm : Spinning/SB	4:30pm:Spinning/SP 5:30pm : BodyPump/SB	5:30pm : Spinning/SB/KB	
		4:30pm: Zumba/JP	6pm: ThickFitBounce* *not included in FFW Membership	5:30pm: Strong Nation/KK 6:30pm:Zumba/KB		
		4:30pm : Spinning/SP 5:30pm:BodyPump/TP/CP		6:30pm: KickFit/TL (functional training room)		
		5:30pm: KickFit/TL (studio room)				

STUDIO 1 (2nd Floor)
KickFit(Tuesdays) Zumba (ALL) CIRCL Mobility (Sun)



FUNCTIONAL TRAINING STUDIO
BodyPump TRX CIRCL Mobility (Tues)

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/ 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

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

