

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 | |
| | | 12:30pm: SS*Classic/SJ | 5:30pm : Spinning/KS | 5:30pm : BodyPump/SB | 4:30pm: Kickboxing/CD | |
| | | 5:30pm : Spinning/KS | 4:30pm: Zumba/JP | 5:30pm: Strong Nation/KK | 5:30pm : Spinning/KB | |
| | | 6:30pm- Zumba/BP | 5:30pm : Spinning/KB | | | |
| | | 7:00pm-KickFit/TL | 5:30pm:BodyPump/TP/CP | 7:00pm-KickFit/TL | | |
| | | | | 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 | | HIIT |
| TRX | CIRCL Mobility (Tues) 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

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.

