

# Group Fitness Schedule

www.FamilyFitnessWorks.com

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SUNDAY Not Staffed	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<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> <p>4pm: Spinning/WR (starts 9/28)</p>	<p>5:30am : Spinning/MA</p> <p>8:15am : Spinning/MT</p> <p>8:30am: TRX/HS</p> <p>10:30am: SS*Stretch/Strength/SJ</p> <p>12pm:SSBoom/SJ (starts 9-29)</p> <p>5:30pm : Spinning/KS</p> <p>6:00pm: KickFit/TL</p>	<p>5:30am : BodyPump/KK</p> <p>8:15am : BodyPump/MT</p> <p>9:30am: CIRCL Mobility</p> <p>10:00am: PiYo/SJ</p> <p>10:30am: SS*Classic/DC</p> <p>12:30pm: SS*Classic/DF</p> <p>5:15pm: Zumba/JP (45 min)</p> <p>5:30pm:BodyPump/TP/CP</p>	<p>5:30am : Spinning/MA</p> <p>8:15am : Spinning/MT</p> <p>8:30am: TRX/HS</p> <p>10:30am:SS*yoga/CD</p> <p>12pm:ZumbaQuick Burn/JP</p> <p>5:30pm : Spinning/AC</p> <p>6:00pm: KickFit/TL</p> <p>6:30pm: Bellydancing/NV (first wed. of month)</p>	<p>5:30am : BodyPump/KK</p> <p>8:15am : BodyPump/MT</p> <p>10:30am: SS*Classic/DC</p> <p>12:30pm:SS*Classic/DF</p> <p>5:30pm: Strong Nation/KK</p> <p>6:30pm: ThickFitBounce* (not included in FFW membership)</p>	<p>5:30am : Spinning/KS/KK</p> <p>8:15am : Spinning/KS</p> <p>9:30am: Yoga/CC</p> <p>10:30am: SS*Classic/DC</p> <p>4:30pm: Kickboxing/CD</p>	<p>7am : Spinning/KH</p> <p>8am : BodyPump/TP/KK</p>

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



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

## Group Fitness Instructors:

Chris Pegg / Dave Caldwell / Heather Dils Steneman / Jewell Pyle/ Kate Schamel  
Kay Koger / Kim Smith / Mike Allen / Mike Talbot/Cindy Doner/ Ally Capps  
Sandy Jeffers / Stephanie Baker / Tiffany Philbeck / Dana Flanagan  
Cierra Caldwell / Colton Davis / Whitney Robertson

**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 & Doug Auman

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

