

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>4:30pm: Spinning/SP</p>	5:30am : Spinning/MA	5:30am : BodyPump/KK	5:30am : Spinning/MA	5:30am : BodyPump/KK 5:30am : Spinning/SP	5:30am : Spinning/MA/KK	7am : Spinning/KH
	8:15am : Spinning/MT	5:30am : Spinning/SR/KS	8:15am : Spinning/MT	8:15am : BodyPump/MT	8:15am : Spinning/KS	8am : BodyPump/TP/KK
	8:30am: TRX/HS	8:15am : BodyPump/MT	8:30am: TRX/HS	10:00am: Pilates/SJ	10:30am: SS*Classic/DC	10am: HIIT/SB
	10:30am: SS*Stretch/Strength/SJ	10am: Pilates/SJ	10:30am: SS*yoga/CD	10:30am: SS*Classic/DC	4:30pm: Kickboxing/TD	9:30am : Zumba/KB
	5:30pm: Zumba Toning/KK	10:30am: SS*Classic/DC	12pm: ZumbaQuick Burn/JP	12:30pm:SS*Classic/SJ *new time starts 2/2	12:30pm:SS*Classic/SJ *new time starts 2/2	5:30pm : Spinning/SB <i>(Only on the 1st & 3rd Fridays of each month)</i>
5:30pm : Spinning/KS	5:30pm : Spinning/KS	12pm : KettleBell/CD	4:30pm: Zumba/BP	4:30pm: Spinning/SP 5:30pm : BodyPump/SB		
6:30pm: Zumba/BP	6:30pm: Zumba/BP	4:30pm: Zumba/JP	5:30pm : Spinning/SB	5:30pm: Strong Nation/KK 6:30pm: Zumba/KB		
		4:30pm : Spinning/SP 5:30pm: BodyPump/TP/CP	6pm: ThickFitBounce* *not included in FFW Membership	7pm: KickFit/TL <i>(Starts in functional training room)</i>		

STUDIO 1 (2nd Floor)
KickFit(Tuesdays) Zumba (ALL)



FUNCTIONAL TRAINING STUDIO		
BodyPump TRX	KettleBell Zumbell	HIIT Silver Sneakers KickFit (Thursdays)

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

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

FFW 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

