

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Not Staffed</b>						
<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>6:30am: Spinning/JK</p> <p>1pm: Strong Nation/KK</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	8:30am: Beg. Yoga/CD	8:15am : Spinning/KS	
	10:30am: SS*Stretch/Strength/SJ	8:30am: Beginners Yoga/CD	10:30am:SS*yoga/CD	10:00am: Pilates/SJ	10:30am: SS*Classic/DC	10am:HIIT/SB
	5:30pm: Zumba Toning/KK	10am: Pilates/SJ	12pm:ZumbaQuick Burn/JP	10:30am: SS*Classic/DC	4:30pm: Kickboxing/TD	9:30am : Zumba/KB
	5:30pm : Spinning/KS	10:30am: SS*Classic/DC	12pm : KettleBell/CD	1:30pm:SS*Classic/SJ	5:30pm : Spinning/SB <i>(Only on the 1st &amp; 3rd Fridays of each month)</i>	
	6:30pm: Zumba/BP	1:30pm:SS*Classic/SJ	4:30pm: Zumba/BP	4:30pm: Zumba/JP	4:30pm: Spinning/SP	
	6:30pm: Spinning/JK	4:30pm: Zumba/JP	5:30pm : Spinning/SB	4:30pm: Spinning/SP	5:30pm : BodyPump/SB	
		4:30pm : Spinning/SP	6pm: ThickFitBounce* <b>*not included in FFW Membership</b>	5:30pm : Spinning/SB	5:30pm: Strong Nation/KK	
		5:30pm : BodyPump/KS		6:30pm: Zumba/KB	6:30pm:Zumba/KB	
	6:30pm: KickFit/TL <i>(studio)</i>		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 /John Kuhn /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

