

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: CIRCL Mobility/KK</p>	5:30am : Spinning/MA	5:30am : BodyPump/KK	5:30am : Spinning/MA	5:30am : BodyPump/KK		
	8:15am : Spinning/MT	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	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
	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
	5:30pm : Spinning/KS	12:30pm: SS*Classic/SJ	12:30pm: Kettlebell/CD	5:30pm:Spinning/KB	5:30pm : Spinning/KB	
	6:30pm- Zumba/BP	4:30pm: Zumba/JP	5:30pm : Spinning/KS	5:30pm : BodyPump/SB	5:30pm-KickFit/TL	
7:00pm-KickFit/TL	5:30pm:BodyPump/TP/CP	6pm: ThickFitBounce* *not included in FFW Membership	5:30pm: Strong Nation/KK			
		6:00pm-KickFit/TL	6:30pm:Zumba/KB			

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



FUNCTIONAL TRAINING STUDIO		
BodyPump TRX CIRCL Mobility (Tues)	KettleBell (30min) Zumbell	HIIT Silver Sneakers KickFit(Mon/Wed)

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 / Kelly Black / 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 & 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

