Group Fitness Schedule

www.FamilyFitnessWorks.com | familyfitnessworks | familyfitnessworks_ffw

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Not Staffed *Classes that are held outside FFW staffed hours are for FFW Members Only. Other entry will result in tresspassing charges.* 1pm: Strong Nation/KK 2pm: CIRCLMobility/KK	5:30am : Spinning/MA 8:15am : Spinning/MT 8:30am: TRX/HS 10:30am: SS*Stretch/ Strength/SJ 5:30pm : Spinning/KS 7:00pm-KickFit/TL	5:30am : BodyPump/KK 8:15am : BodyPump/MT 9:30am: CIRCL Mobility 10am: PiYo/CD 10:30am: SS*Classic/DC 12:30pm: SS*Classic/SJ 5:15pm: Zumba/JP (45 min) 5:30pm:BodyPump/TP/CP	5:30am : Spinning/MA 8:15am : Spinning/MT 8:30am: TRX/HS 10:30am:SS*yoga/CD 12pm:ZumbaQuick Burn/JP 5:30pm : Spinning/KS 7:00pm-KickFit/TL	5:30am : BodyPump/KK 8:15am : BodyPump/MT 10:00am: PiYo/CD 10:30am: SS*Classic/DC 12:30pm:SS*Classic/SJ 5:30pm : BodyPump/SB 5:30pm: Strong Nation/KK **6:30pm: ThickFitBounce* (not included in FFW membership)**	5:30am : Spinning/KS/KK 8:15am : Spinning/KS 10:30am: SS*Classic/DC 4:30pm: Kickboxing/CD	7am : Spinning/KH 8am : BodyPump/TP/KK

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

FUNCTIONAL TRAINING STUDIO		
BodyPump	CIRCL Mobility (Tues)	HIIT
TRX	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
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 consulation 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

***ThickFit Bounce** & Fitness Class *not* included with membership.