

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|---|---|--|--|---|
| Not Staffed & No Childcare | Childcare Hours: 8am-12pm & 4-8pm | Childcare Hours: 8am-12pm & 4-8pm | Childcare Hours: 8am-12pm & 5-8pm | Childcare Hours: 8am-12pm & 4-8pm | Childcare Hours: 8am - 12pm | No Childcare |
| <p>Classes that are held outside FFW staffed hours are for FFW Members Only. Other entry will result in trespassing charges.</p> <p>7am - Spinning - JK 1pm - Zumba - SD</p> <p>☼ Family-Friendly Classes are for children ages 8+, who are FFW Junior Members, attending with parent.</p> | <p>5:30am - Spinning - MA 8:15am - Spinning - MT 8:30am - TRX - HD 10:30am - SS*Stretch-SJ 12pm - KettleBell - CH</p> <p>4:30pm-Zumba GOLD-KK 4:45pm - CoreWorks-KS</p> <p>5:30pm-ZumbaToning-KK 5:30pm - Spinning - KS 6:30pm - Spinning - JK 6:30pm - BodyFlow-MM 6:30pm - BodyPump-CP</p> | <p>5:30am - BodyPump-LD 5:45am - Spinning - BR 8:15am - Gentle Yoga-CD 8:15am - BodyPump-MT 9:30am - Spinning - KS 10am - Pilates+ - SJ 10:30am-SS*Classic-DC</p> <p>12:15p-NoonTime Fit-TL 1:30pm - SS*Classic-DC</p> <p>4:30pm - Zumba - BW 5:30pm - BodyPump-KS 5:30pm - KickFit - TD 5:30pm - Spinning - TB</p> | <p>5:30am - Spinning - MA 5:30am-Circuit2Circuit-KK 8:15am - Spinning - MT 8:30am - TRX - HD 9:30am - BodyFlow-MM 10am - SS*Yoga - CD 11:00am - TurboKick-CH 12pm - KettleBell - CH 12pm - Zumba Pound-BW</p> <p>4:30p-VineyasaYoga-MC 5:30pm-Kid's Fitness-CP 5:30pm - Spinning - ST 5:30pm - BodyFlow - JM 5:30p-justWIN ☼ KS/Kim 6:30pm - Spinning - SW 6:30pm - CoreWorks - ST 7pm - TRX ☼ - Kim</p> | <p>5:30am - BodyPump-KK 5:45am - Spinning-MH 8:15am - Gentle Yoga-CD 8:15am - BodyPump-MT 9:30am - Spinning - KS 10am - Pilates+ - SJ 10:30am-SS*Classic-DC</p> <p>12:15p-NoonTime Fit-TL 1:30pm - SS*Classic - SJ</p> <p>5:30pm - BodyPump-SB 5:30pm - Spinning - MC 5:30pm - Piloxing - SJ 6:30pm - Zumba - BW 7:30pm - KickFit - TL</p> | <p>5:30am - Spinning - MA 6:30am-CoreWorks☼-KK</p> <p>8:15am - Spinning - KS 9:15am - KettleBell - CH 9:45am - BodyFlow-MM 10:30am-SS*Classic-DC</p> <p>12pm - Zumbell - BW</p> <p>4pm - Kickboxing - TD 5:30pm-Spinning☼SB/SW 5:30pm-BodyFlow☼-JM</p> | <p>7am - Spinning - KS 8am - BodyPump - TF</p> <p>9am - StepCombo - JE 9:15am-CoreWorks-KK/SB</p> <p>10am - justWIN ☼ KK/SB 10am - Zumba - SD/KK</p> <p>11am - KickFit - TD</p> |

☼ Classes marked with a "☼" are considered Family-Friendly Classes (ages 8+); parents **MUST** read and complete a **WAIVER & TERMS** agreement before participating. ☼


| STUDIO 1 (2nd Floor) |
|---|
| <p>BodyFlow Zumba (ALL) KickFit Wednesday Night KID's FIT class meets in Youth Center</p> |



| FUNCTIONAL TRAINING STUDIO |
|--|
| <p>BodyPump TRX Suspension CoreWorks POUND</p> |

Group Fitness Instructors:


BH-Brent Henderson / BR-Brett Roland / BSW-'Big Steve' Williams / BW-Brandy Whalen / CB-Christy Bohlander / CD-Cindy Doner
CH-Carey Holt / CP-Chris Pegg / DC-Dave Caldwell / HD-Heather Dils / JE-Jeannie Engle / JM-Jessica McKinney / JK-John Kuhn
KS-Kate Schamel / KK-Kay Koger / Kim-Kim Smith / LD-Laura Dafler / MM-Malia Miller / MC-Melissa Cox / MD-Melissa Davis
MA-Mike Allen / MT-Mike Talbot / MH-Morgan Howard / RM-Rick Moore / SJ-Sandy Jeffers / SB-Stephanie Baker
SD-Suzanne Derengowski / TP-Tiffany Philbeck / TD-Tim Davis / TL-Toby Ladd / TB-Tom Broyles / MH-Morgan Howard



Mon-Sat: 7am-2pm
765.935.4645

- Sandwiches & Wraps
- Smoothies
- (Non-Fat Yogurt Options)
- Coffees & Teas
- Vegan & Vegetarian Options
- Homemade Protein Bars
- Salads & MORE

Online Menu Available!



constantly varied functional movements at a high intensity

- FFW CrossFit (Adults)
- CrossFit Kids (6-9)
- CrossFit Pre-Teens (10-12)
- CrossFit Teens (13+)

www.crossfitFFW.com



IFG is a USAG affiliated program, offering instruction & classes for children ages 3+

- PreSchool
- Recreation
- Tumbling
- Levels
- Competitive Team

FitWorksGymnastics@gmail.com
Indiana FitWorks Gymnastics
USA GYMNASTICS



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- Many different training packages available
- Nutrition Education & Meal Planning

Certified Trainers:
Andy Chapman / Kate Schamel / Kim Smith



213 North 3rd Street
Richmond, IN 47374
765.935.9191

Sunday: NOT STAFFED
Monday: 8am - 7pm
Tuesday: 8am - 7pm
Wednesday: 8am - 7pm
Thursday: 8am - 7pm
Friday: 8am - 7pm
Saturday: 8am - 12pm



600 Commerce Road
Richmond, IN 47374
765.373.8136

Sunday: 12pm - 6pm
Monday: 4pm - 8pm
Tuesday: 4pm - 8pm
Wednesday: 4pm - 8pm
Thursday: 4pm - 8pm
Friday: 4pm - 9pm
Saturday: 12pm - 9pm



600 Commerce Road
Richmond, IN 47374
765.373.8136

Sunday: 12pm - 6pm
Monday: CLOSED
Tuesday: 12pm - 4pm*
Wednesday: CLOSED
Thursday: 12pm - 4pm*
Friday: 4pm - 9pm
Saturday: 12pm - 9pm

*SUMMER HOURS

LIKE US ON FACEBOOK FOR LAST MINUTE SCHEDULE CHANGES