



Group Class	Day	Time	Instructor
Barre Fusion	Monday	9:00-10:00am	Kayt Warren
Boxing + Core	Monday	12:15-1:00pm	Shafer Adelaide
Yoga Flow	Monday	5:00-5:50pm	Virginia Wallace
Total Body Strength	Monday	6:00-6:45pm	Trish Bailey

GROUP CLASS			
Zumba	Tuesday	10:30-11:15am	Gwen Dhing
Spin	Tuesday	10:45-11:30am	Shannon Stapleton
Row Fit	Tuesday	11:45-12:15pm	Shannon Stapleton
Bootcamp	Tuesday	5:30-6:30pm	Jessica Welch

GROUP CLASS			
Spin + Weights	Wednesday	7:30-8:15am	Zoe Kline
Zumba	Wednesday	10:00-10:45am	Gwen Dhing
Pilates	Wednesday	11:00am-12:00pm	Shafer Adelaide (Sub)
Strength	Wednesday	5:30-6:30pm	Grace Gainey

GROUP CLASS			
Beginner Boxing	Thursday	10:00-10:45am	Shafer Adelaide
Sweat and Stretch	Thursday	11:00-11:45am	Grace Gainey
Pilates	Thursday	12:00-1:00pm	Brooke Handy
Bootcamp + Spin	Thursday	5:30-6:30pm	Jessica Welch

GROUP CLASS			
Upper Cutters Boxing	Friday	7:00-7:45am	Shafer Adelaide
Yoga Sculpt	Friday	10:00-11:00am	Tiffany Stephenson
Spin	Friday	11:00-11:45am	Shannon Stapleton

GROUP CLASS			
Saturday Spin	Saturday	9:15-10:00am	Shannon Stapleton/Trish Bailey
Bootcamp	Saturday	10:30-11:30am	Jessica Welch
Pilates	Saturday	12:00-1:00pm	Shafer Adelaide