



GROUP FITNESS CLASSES

JUNE 2019

| RANCH STUDIO | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------------|--|--------------------------------------|--|---------------------------------------|---|---------------------------------------|
| 8:00am | | Power Pump <i>Ingrid</i> | | Power Pump <i>Jessica</i> | | |
| 9:00am | Power Pump <i>Paul</i> | Sole Strength <i>Cammy</i> | Power Pump <i>John</i> | Sole Strength <i>Denise</i> | Beat! <i>Jessica</i> | |
| 10:00am | Zumba® <i>Madelyne</i> | Muscle Mix <i>Kitti</i> | Zumba Toning® <i>Madelyne</i> | Muscle Mix <i>Kitti</i> | Pilates <i>Ingrid</i> | Zumba® <i>Rotation</i> |
| 11:00am | Yoga Flow <i>Julie</i> | Hatha Yoga <i>Kathy</i> | Yoga Flow <i>Julie</i> | Hatha Yoga <i>Kathy</i> | Restorative Yoga <i>Emily</i> | Yoga Flow <i>Rotation</i> |
| 5:00pm | Bootcamp <i>Ingrid</i> | G.R.I.T. <i>Paul</i> | Bootcamp <i>Ingrid</i> | G.R.I.T. <i>Paul</i> | | |
| 6:00pm | Power Pump <i>Heaven</i> | Yoga Flow <i>Renu</i> | Strong by Zumba® <i>Heaven</i> | Zumba® <i>Heaven</i> | | |
| 7:00pm | Zumba® <i>Heaven</i> | | | | | |
| SPIN STUDIO | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| 8:00am | Power Cycle <i>John</i> | | Power Cycle <i>Cammy</i> | | Power Cycle <i>Ingrid</i> | |
| 9:00am | | | | | | Power Cycle <i>Rotation</i> |
| 10:00am | Move to Improve <i>Sandy</i> | | Move to Improve <i>Sandy</i> | | | |
| 5:00pm | | | | Qi Gong <i>Sarah</i> | | |
| POOL | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| 10:00am | Liquid Levels <i>Ingrid</i> | H2O Fit <i>Denise</i> | H2O Fit <i>Barbara</i> | H2O Fit <i>Denise</i> | H2O Fit <i>Jessica</i> | H2O Fit <i>Barbara</i> |
| 6:00pm | H2O Fit <i>Linda</i> | | H2O Fit <i>Linda</i> | | | |



SMALL GROUP TRAINING

JUNE 2019

| F.I.T. STUDIO | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------------|--|---------------------------------|---|----------------------------------|--|----------|
| 9:00am | TRX Healthy Joints I <i>Jonathan</i> | | TRX Healthy Joints II <i>Tucker</i> | X-Camp <i>Jonathan</i> | TRX Healthy Joints I <i>Ingrid</i> | |
| 6:00pm | | TRX-Treme <i>Paul</i> | | TRX-Treme <i>Roger</i> | | |

F.I.T. SESSIONS ARE FEE BASED. SEE RANCH RECEPTION FOR DETAILS.