



GROUP FITNESS CLASSES

SEPTEMBER 2019

RANCH STUDIO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00am		Power Pump <i>Ingrid</i>		Power Pump <i>Linda</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>Cammy</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>		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>	Water Warriors <i>Tucker</i>	H2O Fit <i>Barbara</i>
6:00pm	H2O Fit <i>Linda</i>		H2O Fit <i>Linda</i>			



SMALL GROUP TRAINING

SEPTEMBER 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>	TRX-Camp <i>Jonathan</i>	TRX Healthy Joints I <i>Ingrid</i>	
6:00pm		TRX-Treme <i>Roger</i>		TRX-Treme <i>Roger</i>		

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