



GROUP FITNESS CLASSES

FEBRUARY 2020

RANCH STUDIO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00am	Power Pump <i>Jonathan</i>	Grit <i>Jonathan</i>	Power Pump <i>John</i>	Sole Strength <i>Jessica</i>	Beat! <i>Jessica</i>	
10:00am	Zumba® <i>Nichole</i>	Muscle Mix <i>Kitti</i>	Zumba® <i>Nichole</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>	Roll & Recover <i>Sandra</i>	Yoga Flow <i>Rotation</i>
5:00pm		G.R.I.T. <i>Ann Marie</i>		G.R.I.T. <i>Ann Marie</i>		
6:00pm	Power Pump <i>Heaven</i>	Vin-Yin Yoga <i>Haley</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>
5:00pm				Qi Gong <i>Sarah</i>		
POOL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00am	H2O Fit <i>Sue</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>			



FUNCTIONAL INTEGRATED TRAINING

SMALL GROUP TRAINING

Please sign up for FIT with TRX sessions prior to class at the Ranch Reception desk.

F.I.T. STUDIO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00am		TRX-Camp <i>Ingrid</i>		TRX-Camp <i>Jessica</i>		
9:00am	TRX Healthy Joints <i>Linda K.</i>		TRX Healthy Joints II <i>Tucker</i>			
5:00pm	TRX-Camp <i>Roger</i>		TRX-Camp <i>Roger</i>			