



FITNESS FOR EVERYONE

CLUB FITNESS CLASS SCHEDULE

DOVER SITE GROUP FITNESS--FALL 2019

	TIME	MONDAY	TIME	TUESDAY	TIME	WEDNESDAY	TIME	THURSDAY	TIME	FRIDAY	TIME	SATURDAY	SUNDAY
MORNING CLASSES	8:30 T	FUNCTIONAL TRAINING TONIANN	8:30 S	SPINNING BONNIE	8:30 Y	BOOTY CAMP TONIANN	8:30 S	SPINNING TONIANN	8:30 T	MARGE 60 SIX 6 PACK ADRIAN	8:00 S	SPINNING NIKKI	SPINNING ROTATION
	8:30 Y	BASIC Power Yoga JESSICA	8:30 Y	YOGA FLOW CRISTINA	9:00 G	ARM DAY TONIANN	9:30 G	BASIC FIT CIRCUIT EWA	8:30 G	PUMP & TONE BONNIE	8:00 G	HIP-HOP CARDIO ADRIAN	
	9:30 S	SPINNING TONIANN	9:30 G	ABS SOLUTION BONNIE	9:30 G	XTREME HIP HOP STEP MIKE	9:30 Y	Ball Pilates TONIANN	9:30 S	SPINNING WILL	9:00 S	SPINNING CHANDRA	FUNCTIONAL TRAINING NIKKI
	9:30 G	HIP HOP DANCE MIKE	9:30 T	CORE TRX EWA	9:30 S	SPINNING WILL	10:00 Y	BARRE Above TONIANN	9:30 G	ZUMBA fitness ADRIAN	9:00 G	PUMP & TONE ROTATION	
	5:30 S	SPINNING BONNIE	5:00 G	STEP JOANNE	5:30 G	ARM DAY TRISH	5:00 T	T24 HIT interval JOANNE	5:00 G	ARM DAY JOANNE	10:30 Y	POWER FLOW CHUCK	
	5:00 G	PUMP & TONE JOANNE	5:00 Y	BASIC Power Yoga JESSICA	6:00 S	SPINNING TRISH	5:30 G	ZUMBA STRONG CARLA	5:30 G	ABS SOLUTION JOANNE	10:00 G	Hip Hop CORE KENYA	
	6:00 Y	HOT CHUCK	5:30 S	SPINNING WILL	6:00 Y	India fit DEBBIE	5:30 Y	Ball Pilates TRISH	6:00 G	ZUMBA fitness KENYA			
	6:00 G	Hip Hop CORE KENYA	6:30 T	CORE TRX WILL	7:00 G	HIP HOP DANCE MIKE	6:00 Y	BARRE Above TRISH	6:30 G	ZUMBA fitness CARLA			
	7:00 G	BOOTY BANDS ADRIAN	6:00 G	ZUMBA fitness DAVERA	6:30 S	SPINNING CHANDRA							
	7:30 G	KICKBOXING ADRIAN	7:00 G	XTREME HIP HOP STEP MIKE									

- G** GROUP FITNESS ROOM
- T** TRAINING ROOM (PLATINUM)
- S** SPIN ROOM
- Z** ZUMBA/HIP HOP
- Y** YOGA ROOM (PLATINUM)
- EXPRESS CLASS 30 Minutes

CAMDEN SITE

	TIME	MONDAY	TIME	TUESDAY	TIME	WEDNESDAY	TIME	THURSDAY	TIME	FRIDAY	TIME	SATURDAY
A M	8:30	Silver Sneakers CIRCUIT JODI			8:30	Silver Sneakers CLASSIC ADRIAN			8:30	Silver Sneakers YOGA DEBBIE	9:00	ZUMBA fitness DAVERA
P M	6:00	ZUMBA fitness YVETTE			5:30	Hip Hop BUTTS & GUTS DASTINA	6:00	ZUMBA fitness YVETTE				

www.CLUBFITNESS247.com

PLEASE NOTE: We are always looking for better ways to service your needs. Classes that have 10 participants or less are subject to be removed from the schedule. CLASSES WITH LESS THAN 5 PARTICIPANTS MAY BE CANCELLED.

Classes will be closed when max attendants is reached. Be sure to check in at KIOSK and print your ticket for each class you are attending