



ACCESS FITNESS

Group Exercise Schedule 2018

Hours of Operation

Members Open & Staffed 24/7 365
Non members 5 am – 10 pm daily

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BootCamp Kettles 5:00AM – 6:00AM Paul Spinning® 5:45AM – 6:45AM Jamie Essentrics Xpress 6:30AM – 7:00AM Kimberly	Les Mills Body Combat 5:00AM – 6:00AM Tiffany A. BOX FIT 5:15AM – 6:15AM Paul Powerwalk 8:45AM – 9:00AM Jan PowerFlex 9:00AM – 10:30AM Jan Les Mills Body Pump 9:00AM – 10:00AM Jordan Les Mills Body Flow 10:15AM – 11:15AM Tiffany A. Essentrics 10:35AM – 11:35AM Kimberly Senior Fit ↓ 10:45AM – 11:45AM Mary “RAW” Real Athletic Workout 12:10PM – 12:55PM Michelle Yoga (Level 1) 4:20PM – 5:20PM Catie Youth Martial Arts 4:15PM – 5:15PM Tosh Martial Arts 5:20PM – 6:30PM Tosh Les Mills Body Pump 5:25PM – 6:25PM Kayla Zumba® 6:30PM – 7:30PM Catie	TRX 5:00AM – 6:00AM Paul Turbo Kick 5:00AM – 6:00AM Anne Spinning® 5:45AM – 6:45AM Jamie Essentrics Xpress 6:30AM – 7:00AM Kimberly Les Mills Body Combat 9:00AM – 10:00AM Tiffany A. Mind/Body Fitness 10:00AM – 11:00AM Varies Turbo Kick 10:15AM – 11:15AM Lynzie Spinning® 12:10PM – 1:00PM Jan PowerFlex Express 12:10PM – 12:40PM Michelle “Core” Extreme 12:40PM – 1:00PM Mary Senior Fit ↓ 1:15PM – 2:15PM Mary TRX 5:30pm – 6:30pm Kayla Boot Camp 5:30PM – 6:30PM Jaimie Spinning® 5:30PM – 6:30PM Steve/Tiffany A. Essentrics 5:30PM – 6:30PM Kimberly Zumba® 6:30PM – 7:30PM Betty	Les Mills Body Pump 5:00AM – 6:00AM Tiffany A. Powerwalk 8:45AM – 9:00AM Jan 4-3-2-1 & Corepole 9:00AM – 10:30AM Jan Les Mills Body Pump 9:00AM – 10:00AM Jordan Essentrics 10:35AM – 11:35AM Kimberly Senior Fit ↑ 10:45AM – 11:45AM Mary Les Mills CXWorx 12:10PM – 12:40PM Tiffany A. Yoga (Level 1) 4:20PM – 5:20PM Catie Youth Martial Arts 4:15PM – 5:15PM Tosh Martial Arts 5:20PM – 6:30PM Tosh Les Mills Body Pump 5:25PM – 6:25PM Kayla Turbo Kick 5:20PM – 6:20PM Lynzie Zumba® 6:30PM – 7:30PM Catie	Turbo Kick 5:00AM – 6:00AM Lynzie Spinning® 5:45AM – 6:45AM Jamie Essentrics Xpress 6:30AM – 7:00AM Kimberly Les Mills Body Combat Tiffany A. (odd) Les Mills Body Step 9:00AM – 10:00AM Jordan (even) Step Combo 9:00AM – 9:55AM Mary Zumba® 10:00AM – 11:00AM Patty or Mary Essentrics Barre 10:00AM – 11:00AM Kimberly Easy Yoga 11:00AM – noon Kathleen PowerFlex 12:10PM – 1:00PM Michelle Hip Hop Boot Camp 5:30PM – 6:30PM Chelsey OULA (odd) Kimi Zumba® (even) 6:30PM – 7:30PM Tiffany R. SATURDAY SPINNING® 8:00AM – 9:00AM Varies Les Mills Body Pump 8:15AM – 9:15AM Tiffany A. BOX FIT (1 st Sat each month) Paul 9:30AM – 10:30AM Turbo Kick (2 nd 3 rd 4 th Sat) Anne 9:30AM – 10:30AM Easy Yoga 9:30AM – 10:30AM Rosanne Zumba® 10:35AM – 11:35AM Varies Family Martial Arts 11:00AM – 12:00PM Tosh
STRONG by Zumba® 5:30PM – 6:30PM Tiffany R. Boot Camp 5:30PM – 6:30PM Jaimie Spinning® 5:30PM – 6:30PM Jamie Zumba® Toning 6:30PM – 7:30PM Betty SUNDAY OULA 1:30 PM – 2:30 PM Beth or Sam	Zumba® 6:30PM – 7:30PM Catie	Zumba® 6:30PM – 7:30PM Betty	Zumba® 6:30PM – 7:30PM Catie	Family Martial Arts 11:00AM – 12:00PM Tosh