

Schedule effective November 28, 2017

2017 Winter Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:45 AM	Fit Express Liz	Spin Julie	Fit Express Liz	Spin Liz	Total Body Blast Julie			5:45 AM
7:30 AM						Spin Alternates		7:30 AM
8:30 AM	Muscle Mix Ellen C.	Triple Threat Ellen C.	Tabata Kick Liz	Spin Ellen C	Muscle Mix Ellen C.	Total Body Blast Lori	Barbell Melissa	8:30 AM
9:00 AM	Barre Stephanie							9:00 AM
9:30 AM	Spin Intervals Ellen C.	Yogalates Mary	Core Fusion Ellen C	Yoga Ellen D.	Metcon Challenge Ellen C.	Yoga-Pilates Mary		9:30 AM
	Strong Sanjeeta		Zumba Nicky	Fit Express Ellen C.		Bolly Fusion Priya		
10:30 AM								10:30 AM
11:00 AM	Zumba Gold Mary	Fun in Fitness Mary	Senior Yoga Sawrah	Senior Triple Ellen C				11:00 AM
Evening Classes								
5:30 PM	Tabata Kick Liz	Muscle Mix Liz	Barre Jess	Triple Threat Melissa				5:30 PM
6:30 PM	Yoga Stretch Julie/Anne	Funky Spin Liz	Spin Lori	Pilates Lori				6:30 PM
7:30 PM		Fit Express Liz						7:30 PM

All classes at 5:45am are 45 minutes long. All other classes are 55 minutes unless indicated otherwise. All highlighted yellow classes are part of the upgraded Full club membership. **DieZel** Small Group personal training for a fee. Email Ellen C at ellenc@sscfacility.com for more information. Schedule subject to change.