Group Fitness Classes

Starting March 1, 2018

GRUBER FITNESS CENTER- 200 Reynolds Ave. - 684-5120

Mon-Fri: 0500-2200, Sat and Sun: 0800-1800

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0530	RPM/Cycling (Diane)	Cycling (Chester)	RPM/Cycling (Diane)	Cycling (Chester)	Cycling (Emily)	
	Body Sculpt (Emily)	Body Pump (Emily)	TRX (Emily)	Body Pump (Emily)		
0900	Pilates (Julie)	TRX (Emily)	Yoga (Kathy)	TRX (Emily)	Pilates (Julie)	
		PiYo (Kelly)		PiYo (Kelly)		
1015		Zumba Step (Felishia)	Zumba (Felishia)	Zumba Toning (Felishia)		
1130	Cycling (Chester)		Cycling (Chester)		Cycling (Chester)	
1200		Mid Day Burn (Fidelis)		Mid Day Burn (Fidelis)		
1630		RPM/Cycling (Heather)		RPM/Cycling (Heather)		
1700	Yoga (Marsha)	Yoga (Sarah)	Yoga (Sarah)	Yoga (Sarah)		
1830		Zumba Toning (Felishia)	Cardio Kickboxing (Lisa)	Zumba Step (Felishia)		

HARNEY SPORTS COMPLEX - 185 Fourth St. - 684-2190

Mon-Fri: 0500-2100, Sat and Sun: 0800-1700

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0830	Water Aerobics (Lisa)		Water Aerobics (Lisa)		Water Aerobics (Lisa	HIIT (Lisa)
			Body Pump (Lisa)			
0900	Body Pump (Lisa)	Interval Blast (Lisa)		Interval Blast (Lisa)	Body Pump (Lisa)	
1130		HIIT Class (Lisa)		HIIT Class (Lisa)		
1600		Aqua Fitness (Fidelis)		Aqua Fitness (Fidelis)		
1630	Boot Camp (Kim)		Boot Camp (Kim)			
1700		Power Cut (Kim)		Power Cut (Kim)		
1805			PiYo (Kelly)			

FREE for Active Duty Military

Single Ticket For $3.50

10 Tickets For $30

30 Day Unlimited For $40

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