

OLD TOWN



FALL GROUP FITNESS SCHEDULE | EFFECTIVE SEPTEMBER 9, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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MORNING						
15-15-15 6:00-6:45AM (GF)	LOADED 6:00-6:45AM (GF)	MOTIV8 6:00-6:45AM (GF)	CHISEL 6:00-6:45AM (GF)	YOGA SCULPT 6:00-6:45AM (GF)	TOTAL BODY BLAST 9:00-10:00AM (GF) STEP CHALLENGE 10:15-11:00AM (GF) CHISEL 11:00-11:45AM (GF)	CRITICAL MASS 9:00-10:00AM (GF) HATHA YOGA 10:15-11:15AM (GF)

LUNCHTIME						
PILATES 12-12:45PM (GF)	CHISEL 12:00-12:45PM (GF) FITCORE 12:45-1:00PM (GF)		TOTAL BODY BLAST 12:00-12:45PM (GF) FITCORE 12:45-1:00PM (GF)	VINYASA YOGA 12:00-1:00PM (GF)	FOUNDATIONS YOGA 11:45AM-12:45PM (GF) UNPLUG 12:45-1:00PM (GF)	YOGA SCULPT 12-12:45PM (GF)

EVENING						
FITCORE 5:45-6:00PM (GF) STEP CHALLENGE 6:00-6:45PM (GF)	MODERN MAT 5:45-6:30PM (GF) THE EDGE featuring MYZONE 6:30-7:15PM (GF) WERQ 7:15-8:00PM (GF)	FITCORE 5:45-6:00PM (GF) WERQ 6:00-6:45PM (GF) CHISEL 6:45-7:30PM (GF) CANDLELIGHT YOGA 7:30-8:30PM (GF)	PILATES 5:45-6:30PM (GF) LOADED 6:30-7:15PM (GF) FITCORE 7:15-7:30PM (GF)		MOTIV8 6:00-6:45PM (GF)	

CLASS - LOCATION	Group Fitness Policies
GF - GROUP FITNESS FF - FITNESS FLOOR	<ol style="list-style-type: none"> 1. Please be on time for class 2. Please do not text or talk on your cell phone during class 3. Please stay for the full length of the class 4. Please return all equipment to its proper storage area 5. Please refrain from using perfume or chewing gum while exercising 6. FFC reserves the right to make any changes to the schedule at any time 7. All classes are GROUP exercise classes. Please do not create your own routine 8. Please inform the instructor of any limitations or medical conditions before class

FOR FALL CHECK OUT
THE EDGE TUES 6:30PM
CANDLELIGHT YOGA WED 7:30PM
FOUNDATIONS SAT 11:45AM