



# Group Fitness Classes

## June 29th to July 15

**STURGEON VALLEY ATHLETIC CLUB**

<b>MON</b>	<b>TUES</b>	<b>WED</b>	<b>THURS</b>	<b>FRI</b>
<b>5:15-6:00</b> Spin & Strength Brian <b>or</b> HIIT Up Pilates Keri	<b>5:15-6:00</b> Tabata-Keri <b>or</b> Spin & Strength-Janine	<b>5:15-6:00</b> Penalty Box-Keri <b>or</b> Spin Strength- Brian <b>July 8 &amp; 15</b>	<b>5:15-6:00</b> Spin & Strength-Keri <b>or</b> Power Yoga- Dani	<b>5:15-6:00</b> Evolution-Keri <b>or</b> Stages Spin- Danielle
<b>8:15-9:00</b> Evolution Kathy <b>or</b> Stages Spin & Barre Kylee	<b>8:15-9:00</b> Spin & Strength-Kathy	<b>8:15-9:00</b> Evolution-Kathy <b>July 1 &amp; 8 &amp; 15</b>	<b>8:15-9:00</b> Barre-Kylee	<b>8:15-9:00</b> Evolution-Kathy
<b>9:45-10:30</b> HIGH Fitness-Shareen <b>or</b> Evolution meets Pilates -Keri	<b>9:45-10:30</b> Step & Weights-Jacqi	<b>9:45-10:30</b> Spin & Strength- Jacqi <b>1&amp;8 &amp; 15</b>	<b>8:30-9:45</b> Pilates W/ Attitude- Keri	<b>9:30-10:30</b> Outdoor Walk-Kathy
<b>11:00-11:45</b> Move It Low-Stacey	<b>9:45-10:30</b> Gentle Yoga-Frances	<b>9:45-10:15</b> Pound Christi <b>July 1 &amp; 8 &amp; 15(Shareen)</b>	<b>12:00-12:30</b> HIIT Dani	<b>9:45-10:30</b> Move It Low- Stacey
<b>12:00-12:30</b> HIIT Janine	<b>12:00-12:30</b> HIIT Kylee	<b>9:45-10:30</b> Gentle Yoga- Natalie <b>July 8 &amp; 15</b>	<b>5:15-6:00</b> High Fitness-Shareen <b>Or</b> TRX-Brian	<b>6:45-7:30</b> OCR Training-Stacey
<b>5:15-6:00</b> Spin & Strength- Jacqi <b>or</b> <b>5:15-6:15</b> Gentle Yoga- Natalie	<b>12:45-1:30</b> Power Yoga-Dani <b>or</b> Stages Spin 30 Min- Kylee	<b>12:45 - 1:30</b> Stages Spin - Jacqi /Danielle <b>or</b> Happy Hips <b>July 8 &amp; 15</b>		
<b>6:45-7:45</b> Stick	<b>4:30 - 5:15</b> Spin Core - Keri	<b>5:15-6:00</b> Gears-Keri <b>July 8</b>		
	<b>5:00-6:00</b> Bootcamp Stacey	<b>6:45-7:45</b> Hatha-Clare <b>July 8</b>		
	<b>5:15-6:00</b> TRX- Brian			
	<b>5:30 - 6:15</b> Tabata - Keri			
	<b>6:45-7:30</b> Sculpt 360-Elizabeth			

# Weekend Warriors



## Saturday

**7:15-8:15** Bootcamp-Brian

**8:45-9:30** Stages Spin-Kylee

**8:45-9:30** Barre-Shareen

**10:15-11:15** Yoga Tuneup-Rae

## Sunday

**8:45-9:30** Spin and Strength-Kylee

**10:15-11:30** Sunday Yoga Reset-Chelsea

Learn to train on the QueenAx Suspension Rig

*Welcome  
Back*