

SecondFIT Group Exercise Schedule - April 2022



MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
6:15 AM 45 min	Cross Training Veronica	Aerobics				6:15 AM 45 min	Kickbox, Conditioning & Core Veronica	Aerobics						
8:00 AM 30 min	Power Cycle - Sprint Kristy	Cycle	8:00 AM 45 min	TR-X-It! Veronica	TRX	8:15 AM 60 min	PowerFlex Strength Kristy	Aerobics	8:00 AM 45 min	MuscleMAX Jamie	Aerobics	8:15 AM 40 min	BOUNCE into the weekend! Kristy	Aerobics
8:45 AM 50 min	Barre & Muscle Sculpt Kristy	Aerobics	8:45 AM 45 min	Power Cycle Kristy	<i>int./adv.</i> Aerobics				8:45 AM 55 min	Cycle & Sculpt Shana	Cycling			
9:45 AM 50 min	FLOW Barbara	Aerobics				9:30 AM 50 min	Cardio Dance! Kristy & Melanie	Aerobics				9:00 AM 30 min	Friday Flow xpress Kristy	Aerobics
						10:45 AM 45 min	Flex & Barre Melanie	Aerobics				9:30 AM 50 min	Fri-Yay! Dance! Melanie & Kristy	Aerobics
												10:45 AM 45 min	Flex & Barre Fiona	Aerobics
11:00 AM 45 min	Conditioning 360 Veronica/Fiona	Aerobics	11:00 AM 50 min	Conditioning w/Corey Corey	Aerobics				11:00 AM 50 min	Turn-Up Thursdays! Corey	Aerobics	SATURDAYS		
4:15 PM 45 min	TRX Training Tina	TRX				4:15 PM 45 min	PowerFlex Strength Tina	Aerobics				April 16:	Easter Weekend!	
5:30 PM 45 min	Cross Training Leah	Aerobics				5:30 PM 45 min	Cross Training Leah	Aerobics				April 23:	9:15am - Circuit Training & Core with Duncan	
												April 30th:	9:15am - Circuit Training & Core with Duncan	
* For questions about BOUNCE classes... or any group fitness inquiries, please contact Kristy at 713.365.2315 or kholiday@second.org.														

* SECOND'S SUNDAY NIGHT IN TEXAS LINE-UP (4PM):

APRIL 24: YOGA FLOW WITH ARLENE

MAY 1: YOGA FLOW WITH ARLENE