

SecondFIT Group Exercise Schedule - June



| MONDAY | | | TUESDAY | | | WEDNESDAY | | | THURSDAY | | | FRIDAY | | |
|--------------------|---------------------------------|----------|--------------------|-------------------------------|----------|--|---|----------------------|--------------------|-----------------------------|----------|--------------------|---|----------|
| 6:15 AM 45 min | Cross Training Veronica | Aerobics | | | | 6:15 AM 45 min | Kickbox, Conditioning & Core Veronica | Aerobics | | | | | | |
| 8:15 AM 45 min | Power Cycle Shana | Cycle | 8:00 AM 45 min | TR-X-It! Veronica | TRX | 8:15 AM 15 min 8:30 AM 50 min | Core & More Kristy LIFT - strength & sculpt Kristy | Aerobics Aerobics | 8:00 AM 45 min | MuscleMAX Jamie | Aerobics | 8:15 AM 50 min | BOUNCE to Barre Kristy | Aerobics |
| 9:00 AM 50 min | Barre & Muscle Sculpt Kristy | Aerobics | 8:40 AM 45 min | Power Flow Kristy | Aerobics | | | | 9:00 AM 50 min | Cycle & Sculpt Kristy | Cycling | 9:20 AM 50 min | Fri-Yay! Dance! Melanie & Kristy | Aerobics |
| 10:00 AM 50 min | Mat Pilates Cynthia | Aerobics | 9:30 AM 50 min | BOUNCE! Kristy | Aerobics | 9:30 AM 50 min | Cardio Dance! Kevin! | Aerobics | 10:00 AM 45 min | Mat Pilates Cynthia | Aerobics | 10:15 AM 30 min | Muscles - Express! Tina | Aerobics |
| 11:00 AM 45 min | Conditioning 360 Veronica | Aerobics | | | | 10:45 AM 45 min | Flex & Barre Melanie | Aerobics | 11:00 AM 50 min | Turn-Up Thursdays! Corey | Aerobics | 10:45 AM 45 min | Restorative Flow Arlene | Aerobics |
| | | | 11:00 AM 50 min | Conditioning w/Corey Corey | Aerobics | | | | | | | SATURDAY | | |
| | | | | | | | | | | | | June 18: | 9:15am - Circuit Training & Core with Duncan | |
| | | | | | | | | | | | | June 25: | 9:15am - Circuit Training & Core with Duncan | |
| | | | | | | | | | | | | July 2: | 4th of July Weekend NO CLASSES | |
| | | | | | | | | | | | | July 9: | 9:15am - Circuit Training & Core with Duncan | |
| | | | | | | | | | | | | July 16: | 9:15am - Circuit Training & Core with Duncan | |
| | | | | | | | | | | | | July 23: | 9:15am - Circuit Training & Core with Duncan | |
| 5:30 PM 45 min | Cross Training Leah | Aerobics | | | | 5:30 PM 45 min | Cross Training Leah | Aerobics | | | | | | |