Group Fitness Schedule

St. Luke's West End Fitness & Sports Performance

Sunday 4/14	Mon. 4/15	Tuesday 4/16	Wed. 4/17	Thursday 4/18	Friday 4/19	Saturday 4/20
8:00 am Metabolic Patrick	6:00 am Cycle Hali	5:30 am Body Sculpt Sue	5:30 am Wayback Warriors Mike	5:30 am Body Sculpt Sue	5:45 am Cycle Sue	8:00 am Metabolic John G.
8:15 am Cycle Alex	9:00 am Pilates Hali	6:15 am Metabolic John G.	6:00 am Cycle Hali	6:15 am Metabolic John G.	8:15 am Cycle Hali	8:15 am Cycle Lorenza
9:30 am Kickboxing Sue		9:00 am Metabolic Erin*	8:00 am Cycle Lorenza	9:00 am Metabolic Erin	**9:00 am** **Chair Strength & Mobility** **Mike/ Erin**	9:30 am Zumba Krista
		9:15 am Yoga Hali*	**9:00 am** **Chair Strength & Mobility** **Mike/ Erin**	9:15 am Power Yoga Hali	11:00 am Neuro Boxing # Erin	11:00 am Neuro Boxing # Cancelled
		4:30 pm Step It Up Lorenza	9:15 am Body Sculpt Hali	10:30 am Cardio Sculpt Joanie	4:30 pm Metabolic Brian Z.	
	4:30 pm Body Sculpt Lorenza	5:30 pm Cycle Priscilla				
	5:30 pm Zumba Krista	6:00 pm Metabolic Patrick	5:30 pm Zumba Krista	5:00 pm Body Sculpt Kristy		
	6:00 pm Metabolic John G.	7:00 pm Yoga Hali	6:00 pm Metabolic John G.	6:00 pm Functional Fitness Patrick		

Chair Strength & Mobility requires signup.

Classes are held on Wayback Turf

Metabolic and Functional Fitness classes are included in Elite Fitness Membership

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 # Neuro Boxing requires signup & prescreening

*** Substitute Instructor**

Group Fitness Schedule

St. Luke's West End Fitness & Sports Performance

Sunday 4/21	Monday 4/22	Tuesday 4/23	Wed. 4/24	Thursday 4/25	Friday 4/26	Saturday 4/27
8:00 am Metabolic Patrick	6:00 am Cycle Hali	5:30 am Body Sculpt Sue	5:30 am Wayback Warriors Mike	5:30 am Body Sculpt Sue	5:45 am Cycle Sue	8:00 am Metabolic John G.
8:15 am Cycle Alex	9:00 am Pilates Hali	6:15 am Metabolic John G	6:00 am Cycle Hali	6:15 am Metabolic John G.	8:15 am Cycle Hali	8:15 am Cycle Lorenza
9:30 am Cardio Sculpt Joanie		9:00 am Metabolic Erin*	8:00 am Cycle Lorenza	9:00 am Metabolic Erin	**9:00 am** **Chair Strength & Mobility** **Mike/ Erin**	9:30 am Body Sculpt Kristy
		9:15 am Yoga Hali *	**9:00 am** **Chair Strength & Mobility** **Mike/ Erin**	9:15 am Power Yoga Hali	11:00 am Neuro Boxing # Erin	11:00 am Neuro Boxing # Cancelled
		4:30 pm Step It Up Lorenza	9:15 am Body Sculpt Hali	10:30 am Cardio Sculpt Joanie	4:30 pm Metabolic Brian Z.	
	4:30 pm Body Sculpt Lorenza	5:30 pm Cycle Priscilla			**Chair Strength & Mobility requires signup.** **Classes are held on Wayback Turf**	
	5:30 pm Zumba Krista	6:00 pm Metabolic Patrick	5:30 pm Zumba Krista	5:00 pm Body Sculpt Kristy	**Metabolic and Functional Fitness classes are included in Elite Fitness Membership** ******* **# Neuro Boxing requires signup & prescreening** *** Substitute Instructor**	
	6:00 pm Metabolic John G.	7:00 pm Yoga Hali	6:00 pm Metabolic John G.	6:00 pm Functional Fitness Patrick		