

# CORE FITNESS

*With Class*

January/February Schedule

Now located upstairs at the Grove Athletic Club

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>The Works</b> 5:15am-6:00 Kim 1-2-3	<b>Kickboxing</b> 5:15am-6:00 Kim 2-3	<b>Core Pump</b> 5:15am-6:00 Michelle 1-2-3	<b>Step Interval</b> 5:15am-6:00 Michelle 1-2-3		
<b>Camp Fit</b> 6:00am-6:45 Kim 2-3	<b>Super Set</b> 6:00am-6:45 Kim 2-3	<b>Medicine Ball/ Gym-stick</b> 6:00am-6:45 Michelle 2-3	<b>Core Pump</b> 6:00am-6:45 Michelle 1-2-3		
<b>Range Walking (State Park)</b> 8:30 - 9:15 Kim 1-2-3		<b>Range Walking (State Park)</b> 8:30 - 9:15 Kim 1-2-3		<b>Range Walking (State Park)</b> 8:30 - 9:15 Kim 1-2-3	
<b>Ready Set Step</b> 8:45 - 9:30 Michelle 2-3	<b>Camp Fit</b> 8:45 - 9:30 Kim 2-3	<b>Ready Set Step</b> 8:45 - 9:30 Michelle 2-3	<b>Camp Fit</b> 8:45 - 9:30 Kim 2-3	<b>Double Step</b> 8:45 - 9:30 Joy 2-3	
<b>Medicine Ball/ Gym-stick</b> 9:30 - 10:15 Michelle 1-2-3	<b>The Works</b> 9:30 - 10:15 Kim 1-2-3	<b>Yoga/Pilates Mix</b> 9:30 - 10:15 Heather 1-2-3	<b>Kids Open Play (18mo - 4yrs)</b> 9:30 - 10:15 Kim	<b>Core Pump</b> 9:30 - 10:15 Joy 1-2-3	<b>1-Beginners &amp; all levels. Basic techniques</b>
<b>Step Interval</b> 12:10 - 12:50 Michelle 1-2-3	<b>Sculpt Circuit</b> 12:10 - 12:50 Joy 1-2-3	<b>Balls &amp; Bands</b> 12:10 - 12:50 Heather 1-2-3	<b>Hip Hop</b> 12:10 - 12:50 Linda 1-2-3		<b>2-Higher Cardio/More challenging moves</b>
<b>Kid Fitness (Ages 4-7)</b> 3:30 - 4:15 Michelle			<b>Kid Fitness (Ages 8-10)</b> 3:30 - 4:15 Kim		<b>3-Challenging, High cardio for longer time. More advanced moves</b>
<b>Step Interval</b> 4:30 - 5:15 Michelle 2-3	<b>Core Pump</b> 4:30 - 5:15 Joy 1-2-3	<b>Sculpt Circuit (downstairs)</b> 4:30 - 5:15 Joy 1-2-3	<b>Kickboxing</b> 4:30 - 5:15 Kim 2-3	<b>Hip Hop</b> 4:30 - 5:15 Linda 1-2-3	<b>** Gray boxes indicate classes with Child Watch (\$2 per child, per class)</b>
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