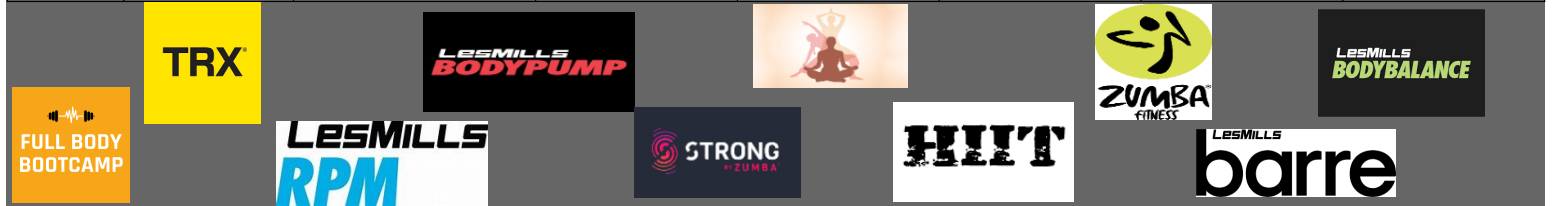


Group Exercise Spring Schedule March 1st - June 3rd 2023

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Classes							
5:15 AM		TRX (Studio B)	LM Bodypump	LM SPRINT-V	LM Grit-Strength-V	PIYO	
5:30 AM		5:15am-6:00am	5:15am-6:05am	5:15am-5:45am	5:15am-5:45am	5:15am-6:00am	
5:45 AM		S.Pisca	S.Pisca			J. Bartholf	
6:00 AM							
7:00 AM							Rotation - Check Mindbody 7:00am-10:00am
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM							
9:30 AM							
10:00 AM		Yoga For Every Body					
10:30 AM		10:00am11:00am					
Afternoon / Evening Classes							
4:00 PM	LM RPM-V						
4:30 PM	4:00-4:50pm		Bodypump Lite - V	LM BodyCombat- V	LM RPM-V	Full Body Bootcamp	
5:00 PM	BodyBalance Flex- V		4:30-5:15pm	4:30pm-5:15pm	4:40pm-5:30pm	4:30pm-5:20pm	
5:15 PM	5:00pm-5:30pm					J. Bartholf	
5:30 PM		LM Bodypump - V	STRONG Nation	LM Bodypump			
5:45 PM		5:30pm- 6:30pm	5:30pm-6:15pm	5:30pm-6:30pm	Zumba		
6:00 PM			D. Jenkin	S. Pisca	5:45pm-6:30pm		
6:15 PM					D. Jenkin		
6:30 PM		HIIT	PIYO	LM BodyBalance			
6:45 PM		6:30pm-7:00pm	6:30pm-7:20pm	6:35pm-7:35pm	LM Barre		
7:00 PM		J. Bartholf	J. Bartholf	S. Pisca	6:45pm-7:15pm		
7:30 PM					D. Jenkin		



Class Prices

1 Week Unlimited \$0 - New members ONLY
 Walk-In - \$9
 10 Class Punch - \$70
 20 Class Punch - \$130

Unlimited 1 month - \$45
 Unlimited 3 months - \$120
 Unlimited 6 months - \$210
 Unlimited 12 months - \$384

Classes are available for purchase on Mindbody app/website or Greenheck front desk