

Group Fitness Schedule

St. Luke's West End Fitness & Sports Performance

Sunday 5/12	Mon. 5/13	Tuesday 5/14	Wed. 5/15	Thursday 5/16	Friday 5/17	Saturday 5/18
8:00 am Metabolic Patrick	6:00 am Cycle Lorenza*	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 Priscilla*	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 Hali*			Chair Strength & Mobility requires signup. Classes are held on Wayback Turf Metabolic and Functional Fitness classes are included in Elite Fitness Membership ***** # Neuro Boxing requires signup & prescreening * Substitute Instructor	
	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		

Group Fitness Schedule

St. Luke's West End Fitness & Sports Performance

Sunday 5/19	Monday 5/20	Tuesday 5/21	Wed. 5/22	Thursday 5/23	Friday 5/24	Saturday 5/25
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 *****	
	6:00 pm Metabolic John G.	7:00 pm Yoga Hali	6:00 pm Metabolic John G.	6:00 pm Functional Fitness Patrick	# Neuro Boxing requires signup & prescreening * Substitute Instructor	