



SECONDFIT

SECONDFIT GROUP EXERCISE SCHEDULE

Back-to School 2022

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
6:15 AM 45 min	Conditioning Veronica	Aerobics				6:15 AM 45 min	Kickbox, Conditioning & Core Veronica	Aerobics						
8:15 AM 30 min	Power Cycle Kristy	Cycle	8:00 AM 45 min	TR-X-It! Veronica	TRX	8:15 AM 30-35 min	PowerFlex express Kristy	Aerobics	8:00 AM 45 min	MuscleMAX Jamie	Aerobics	8:15 AM 50 min	BOUNCE to Barre Kristy	Aerobics
8:45 AM 50 min	Barre & Muscle Sculpt Kristy	Aerobics	8:45 AM 15 min	pre-Bounce Hip & Core Kristy	Aerobics	8:45 AM 30-35 min	Pump Up - Functional Strength Kristy <i>* starts Wed, Aug 24!</i>	Aerobics	8:45 AM 45 min	Power Cycle Kristy	Cycling			
9:45 AM 50 min	Yoga Flow Barbara	Aerobics	9:00 AM 50 min	BOUNCE! Kristy	Aerobics	9:30 AM 50 min	Cardio Dance! Kristy	Aerobics	9:30 AM 45 min	Sweat & Strength Sarah	Aerobics	9:10 AM 20 min	FlexAbility Kristy	Aerobics
10:45 AM 45 min	Pilates Cynthia	Aerobics				10:30 AM 50 min	Barre & Pilates Sculpt Amanda	Aerobics				9:30 AM 50 min	Fri-Yay! Dance! Kristy	Aerobics
			11:00 AM 50 min	Conditioning Corey	Aerobics				11:00 AM 50 min	Turn-Up Thursdays! Corey	Aerobics	10:30 AM 50 min	Restorative Flow Arlene	Studio
4:15 PM 45 min	Barre & Muscle Sculpt Tina <i>* starts after Labor Day - Mon, 9/12!</i>	Aerobics				4:15 PM 45 min	PowerFlex Intervals Tina <i>* starts Wed, Sept 7!</i>	Aerobics				SATURDAY		
5:30 PM 45 min	Cross Training Leah	Aerobics				5:30 PM 45 min	Cross Training Leah	Aerobics				<i>Don't miss Saturdays with Duncan!</i>		
												9:15am - Circuit Training & Core with Duncan		
												Questions about group fitness? Contact Kristy Holiday at kholiday@second.org		