



SECONDFIT GROUP EXERCISE SCHEDULE

Back-to-School 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKENDS
6:15 AM 45 min Conditioning Veronica Aerobics		6:15 AM 45 min KickBoxing & Conditioning Veronica Aerobics			
8:05 AM 35 min Power Cycle xpress Kristy Cycling	8:00 AM 45 min Strength & Sweat Sarah Aerobics	8:00 AM 50 min PowerFlex Strength Kristy Aerobics	8:00 AM 45 min TR-X-it! Veronica TRX	8:10 AM 50 or 60 min Bounce! ...plus a little Extra Strength Kristy Aerobics	SATURDAYS
8:45 AM 50 min Barre & Muscle Sculpt Kristy Aerobics			8:45 AM 35 min Power Cycle xpress Kristy Cycling		Don't miss Saturdays with Duncan! 9:15 AM - Circuit Training & Core 50 min Aerobics Room
	9:00 AM 50 min Bounce Kristy Aerobics	9:00 AM 35 min Kickboxing Intervals Kristy Aerobics			
9:45 AM 35 min Cardio Step Kristy Aerobics		9:45 AM 40 min Cardio Dance! Kristy & Tina Aerobics	9:30 AM 50 min Strength & Sweat Sarah S. Aerobics	9:30 AM 45 min Cardio Dance/Zumba! Kristy & Tina Aerobics	SUNDAYS
10:00 AM 45 min Monday Flow Arlene Studio	10:00 AM 50 min Yoga Flow Barbara Aerobics	10:30 AM 50 min Barre & Pilates Sculpt Amanda Aerobics		10:30 AM 45 min Restorative Flow Arlene Studio	...And don't miss our new Sunday class with Sarah Carothers! 1:00 PM - Flow 45 min Aerobics Room
11:00 AM 45 min Muscle Sculpt & Strength Tina Aerobics	11:00 AM 50 min Conditioning Corey Aerobics		11:00 AM 50 min Conditioning Corey Aerobics		
12:00 PM 45 min Flow * starts Monday Sept. 11! Sarah C. Aerobics			12:00 PM 30 min Express Strength & Sweat Leah Aerobics		
		5:30 PM 45 min Restorative Flow Arlene Studio			Questions about Group Exercise? Please contact Kristy Holiday at 713.365.2315 or kholiday@second.org