



SECONDFIT

# SECONDFIT GROUP EXERCISE SCHEDULE

New Year 2024!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKENDS
<b>6:15 AM Conditioning</b> 45 min Veronica Aerobics		<b>6:15 AM KickBoxing &amp; Conditioning</b> 45 min Veronica Aerobics			
<b>8:00 AM Power Cycle xpress</b> 30-35 min Kristy Cycling	<b>8:05 AM Sweat &amp; STRENGTH!</b> 45 min Kristy Aerobics	<b>8:05 AM PowerFlex/Strength</b> 50 min Kristy Aerobics	<b>8:00 AM TR-X-it!</b> 45 min Veronica TRX	<b>8:15 AM Bounce!</b> 55 min Kristy Aerobics	<b>SATURDAYS</b>  <i>Don't miss Saturdays with Duncan!</i>  <b>9:15 AM - Circuit Training &amp; Core</b> 50 min Aerobics Room
<b>8:40 AM Barre &amp; Muscle Sculpt</b> 50 min Kristy Aerobics			<b>8:45 AM Power Cycle xpress</b> 40 min Shana Cycling		
	<b>9:00 AM Bounce!</b> 50 min Kristy Aerobics	<b>9:10 AM Cardio Step</b> 25 min Kristy Aerobics	<b>9:15 AM Strength &amp; SWEAT</b> 50 min Kristy Aerobics <i>...with 20 minute Powerful Flow (approx. 10:10 till 10:30)</i>	<b>9:15 AM Foam Roller Fix</b> 20 min Kristy Aerobics	
<b>9:40 AM Cardio Dance xpress!</b> 30 min Kristy & Tina Aerobics/Studio		<b>9:40 AM Cardio Dance/Zumba!</b> 45 min Kristy & Tina Aerobics		<b>9:40 AM Cardio Dance/Zumba!</b> 45 min Tina & Kristy Aerobics	<b>SUNDAYS</b>  <i>...And don't miss our new Sunday class with Sarah Carothers!</i>  <b>1:00 PM - Flow</b> 45 min Aerobics Room
<b>10:00 AM Monday Flow</b> 50 min Barbara Aerobics		<b>10:30 AM Barre &amp; Pilates Sculpt</b> 50 min Amanda Aerobics		<b>10:30 AM Restorative Flow</b> 45 min Arlene Studio	
<b>11:00 AM Muscle Sculpt &amp; Strength</b> 45 min Tina Aerobics	<b>11:00 AM Conditioning</b> 50 min Corey Aerobics		<b>11:00 AM Conditioning</b> 50 min Corey Aerobics		
<b>12:00 PM Flow</b> 45 min Sarah C. Aerobics					
<b>5:30 PM Restorative Flow</b> 45 min Arlene Studio		<b>5:30 PM Restorative Flow</b> 45 min Arlene Studio			<i>Questions about Group Exercise?            Please contact Kristy Holiday at            713.365.2315 or kholiday@second.org</i>