



SECONDFIT GROUP EXERCISE SCHEDULE

BACK TO SCHOOL 2025!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKENDS
6:15 AM 45 min Interval Conditioning Veronica Aerobics				6:15 AM 45 min Full Body Sculpt/Mat Pilates Alli Aerobics	
					SATURDAYS
8:15 AM 25 min Power Cycle xpress Kristy Cycling	8:15 AM 40 min Upper Body & Core Kristy Aerobics/TRX	8:15 AM 40 min Strength Training - - Lower Body Blast! Kristy Aerobics	8:15 AM 45 min Cycle & Strength Joy Cycling	8:15 AM 55 min Bounce! Kristy Aerobics	Don't miss Saturdays with Duncan! 9:15 AM - Circuit Training & Core 50 min Duncan Aerobics Room
8:45 AM 50 min Barre & Muscles Kristy Aerobics					
	9:00 AM 55 min Bounce! Kristy Aerobics	9:00 AM 45 min Strong Flow Kristy Aerobics	9:00 AM 55 min Strength, Sweat & Stability! Kristy Aerobics	9:15 AM 10 min Foam Roller Flexibility Kristy Aerobics	
					SUNDAYS
9:45 AM 30 min Cardio Dance xpress Kristy Aerobics		9:45 AM 60 min 30/30: Step & Dance! Kristy Aerobics		9:30 AM 45 min Cardio Dance/Zumba Kristy Aerobics	
					...And don't miss Flow on Sundays - now at 12:30 with Sarah Carothers!
				10:30 AM 50 min Restorative Flow Arlene Studio	12:30 PM - Flow 45 min Sarah C. Aerobics Room
11:00 AM 45 min Muscle Sculpt & Strength Fiona Aerobics	11:00 AM 45 min Conditioning Veronica Aerobics	11:00 AM 45 min Pilates Barre Fusion Fiona Aerobics	11:00 AM 45 min Conditioning Leah Aerobics		
12:00 PM 45 min Flow Sarah Aerobics		12:00 PM 35 min PowerFlex Strength xpress Joy Aerobics			
	4:15 PM 35 min Cycle & Strength Joy Cycling				Questions about Group Exercise? Please contact Kristy Holiday at 713.365.2315 or kholiday@second.org