

# Monday

Time	Class	Instructor
9:00-10:00am	Ballet Booty Workout	Karen
9:30-10:30am	Cycling	Nona
9:30-10:30am	Step	Marci
10:00-11:00am	Pilates Zumba Fusion	Karen
2:00-3:00pm	*Silver Sneakers Cardio Circuit	Lisa
<b>5:00-5:30pm</b>	<b>*Kettle Bell 101</b>	<b>Vicki</b>
5:30-6:30pm	Kettle Bell	Vicki
6:00-7:00pm	Yoga	Pam
6:30-7:30pm	Cycling	Nona
6:30-7:30pm	Zumba	Shauna

# Tuesday

Time	Class	Instructor
5:45-6:45am	Cycling	Jen
9:00-10:00am	Kettle Bell	Vicki
9:00-10:00am	Pilates	Karen
10:00-11:00am	*Silver Sneakers MSROM	Lisa
10:00-11:00am	Yoga	Pam
<b>5:30-6:30pm</b>	<b>Body Pump</b>	<b>Tiffany</b>
<b>6:30-7:30pm</b>	<b>Zumba</b>	<b>Shana</b>
7:00-8:00pm	Pilates	Sue

# Wednesday

Time	Class	Instructor
5:45-6:45am	Pilates	Alycia
<b>8:30-9:30am</b>	<b>Body Pump</b>	<b>Tiffany</b>
9:00-10:00am	Pilates	Karen
9:30-10:30am	Cycling	Tiffany
10:00-11:00am	Strength & Sculpt	Karen
5:30-6:30pm	Boot Camp	Jayne
6:30-7:30pm	Zumba	Shauna
6:30-7:30pm	Pilates	Sue
6:30-7:30pm	Cycling	Christy

# Thursday

Time	Class	Instructor
5:45-6:45am	Kickboxing	Vin
9:00-10:00am	*Silver Sneakers MSROM	Gloria
10:00-11:00am	Kettle Bell	Vicki
10:00-11:00am	Yoga	Beth
<b>5:00-6:00pm</b>	<b>Cardio Step Circuit</b>	<b>Marci</b>
6:00-7:00pm	Peak 90x	Jayne
6:00-7:00pm	Yoga	Beth

# Peak's Group Exercise Schedule

\*All classes are for all fitness levels,  
However we encourage Kettle Bell newcomers  
to start with Kettle Bell 101 classes  
Monday 5:00 to 5:30pm  
Saturday 8:30 am to 9:30am  
*Thank you, Doreen*

# Friday

Time	Class	Instructor
<b>8:30-9:30am</b>	<b>Body Pump</b>	<b>Tiffany</b>
9:00-10:00am	Pilates	Karen K
9:30-10:30am	Cycling	Tiffany
10:00-11:00am	Yoga	Pam
11:00-12:00pm	*Silver Sneakers Cardio Circuit	Gloria
6:00-7:00pm	Yoga	Beth/Pam
6:00-7:00pm	Kickboxing	Vin

# Saturday

Time	Class	Instructor
8:30-9:00am	*Kettle Bell 101	Vicki
9:00-9:30am	Kettle Bell	Vicki
9:30-10:00am	Butts & Gutts	Vicki
9:30-10:30am	Cycling	Nona
9:30-10:30am	Zumba	Lynn
10:00-11:00am	Pilates	Marlene/Sue

# Class Signups & Policies

Cycling and Body Pump are the only  
classess you need to sign up for. We Begin  
taking reseravation at 6am the day of class  
\* Tardiness may result in the loss of your spot.

# Sunday

Time	Class	Instructor
8:30-9:30am	Cycling	Jen
9:00-10:00am	Zumba	Stephanie
10:00-11:00am	Yoga	Beth

\* No Babysitting Friday Evening \*

Comments welcome at [Dchucta@PeakFitnessCenter.com](mailto:Dchucta@PeakFitnessCenter.com)

**Peak Fitness 203-888-8983**