

*M-Th 4:30 am - 10 pm *Fri 4:30 am - 8:30 pm *Sat 7 am - 5 pm *Sun 7 am - 3 pm

MONDAY		
TIME	CLASS	INSTRUCTOR
5:30 - 6:30 am	Pilates	Alycia
8:30 - 9:30 am	Bootcamp NEW	Patrick
9:30 - 10:30 am	Cycling	Nona
9:30 - 10:30 am	Step & Sculpt	Marci
9:30 - 10:30 am	Pilates	Karen K.
11:00a - 12:00p	Silver Sneakers	Lisa
5:30 - 6:30 pm	Kettlebell	Vicki
6:00 - 7:00 pm	Yoga	Pam
6:30 - 7:30 pm	Cycling	Tanya
6:30 - 7:30 pm	Zumba	Shauna

THURSDAY		
TIME	CLASS	INSTRUCTOR
5:45 - 6:45 am	Vin Sanity	Vin
9:00 - 10:00 am	Silver Sneakers	Gloria
9:00 - 10:00 am	Pilates	Karen C.
10:00 - 11:00 am	Yoga	Nick
10:00 - 11:00 am	Peak Elite NEW	Vicki
5:00 - 6:00 pm	Kickboxing NEW	Robin
6:00 - 7:00 pm	TRX FUEL NEW	Patrick
6:00 - 7:00 pm	Yoga	Rebecca
7:00 - 8:00 pm	Zumba	Monica

SATURDAY		
TIME	CLASS	INSTRUCTOR
8:30 - 9:30 am	Body Pump	Alycia
9:00 - 9:30am	Butts & Gutts	Vicki
9:30 - 10:30 am	Cycling	Nona
9:30 - 10:30 am	Peak Elite NEW	Vicki
10:00 - 11:00 am	Pilates	Marlene/Sue
10:30 - 11:30 am	Zumba	Lynn

No Evening Classes
No Evening Babysitting

Questions, Comments, Concerns are Welcome at
dchuca@peakfitnesscenter.com

TUESDAY		
TIME	CLASS	INSTRUCTOR
5:30 - 6:30 am	Cycling	Tanya
9:00 - 10:00 am	Zumba	Monica
9:00 - 10:00 am	Pilates	Karen C.
10:00 - 11:00am	Silver Sneakers	Lisa
10:00 - 11:00am	Yoga	Pam
11:00a -12:00p	Kettlebell	Vicki
5:30 - 6:30 pm	Body Pump	Tiffany
6:30 - 7:30 pm	Zumba	Shana
7:00 - 8:00 pm	Pilates	Sue

PEAK FITNESS
GROUP EXERCISE SCHEDULE!!!

CLASS INFO. SIGN-UPS & POLICIES

SILVER SNEAKERS: Mon. & Fri. Cardio Classes
Tues. & Thurs. MSROM Classes

CYCLING & BODY PUMP are the ONLY
Classes you *need to sign up* for!!!
We begin taking reservations at
6 am the day of the class!!!
****Tardiness may result in loss of your spot!!!****

Babysitting Hours:

Monday-Saturday 8:30am-12:30pm
Monday-Thursday 4:00pm-8:00pm

WEDNESDAY		
TIME	CLASS	INSTRUCTOR
5:30 - 6:30 am	Bodypump	Alycia
8:30 -9:30 am	Body Pump	Tiffany
9:00 - 10:00 am	Pilates	Karen C.
9:30 - 10:30 am	Cycling	Tiffany
10:00 - 11:00 am	Strength & Sculpt	Karen C.
5:30 - 6:30 pm	Boot Camp	Jayne
5:30 - 6:30 pm	Yoga	Chrissy/Gen
6:30 - 7:30 pm	Zumba	Shauna
6:30 - 7:30 pm	Pilates	Sue
6:30 - 7:30 pm	Cycling	Tanya

FRIDAY		
TIME	CLASS	INSTRUCTOR
5:30 - 6:30 am	Body Pump	Alycia
8:30 -9:30 am	Body Pump	Tiffany
9:00 - 10:00 am	Pilates	Karen K.
9:30 - 10:30 am	Cycling	Tiffany
10:00 - 11:00 am	Yoga	Pam
11:00a - 12:00p	Silver Sneakers	Gloria
6:00 - 7:00 pm	Vin Sanity	Vin

No Evening Babysitting

SUNDAY		
TIME	CLASS	INSTRUCTOR
8:00 - 9:00 am	Body Pump	Alycia
9:00 - 10:00 am	Cycling	Jen/Tanya
9:00 - 10:00 am	Pilates	Alycia
9:30 - 10:30 am	Zumba	Monica
10:30 - 11:30 am	Yoga	Rebecca

No Evening Classes
No Babysitting

EFFECTIVE DATE: January 15, 2012

PLEASE BE ADVISED SOME OF OUR CLASSES, TIMES &
CLASS LOCATIONS HAVE CHANGED. [Rev. 01/15/2012](#)