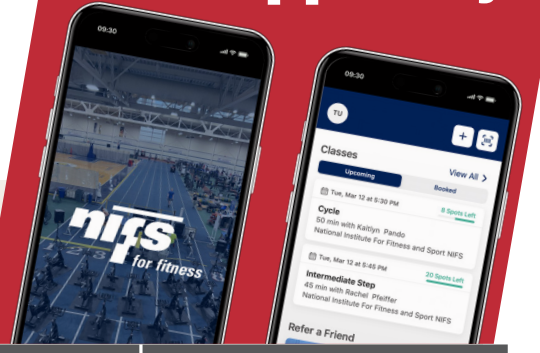


# GROUP FITNESS SCHEDULE

# AUGUST

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MORNING	<b>7:45-8:15a</b> <b>FUND. STRETCHING</b> with Shelby Group Fitness Studio	<b>6-6:45a</b> <b>BOXING</b> with Jeni Boxing Area				<b>9-10a</b> <b>VINYASA YOGA</b> with Julie Meet on Patio (WP)*
	<b>9-10a</b> <b>LIFTOFF</b> with Kennedy Auxiliary Court	<b>9-10a</b> <b>GIRLS JUST WANNA HAVE FUN</b> with Kennedy Auxiliary Court	<b>9-10a</b> <b>LIFTOFF</b> with Kennedy Auxiliary Court	<b>9-10a</b> <b>GIRLS JUST WANNA HAVE FUN</b> with Kennedy Auxiliary Court		<b>9:30-10a</b> <b>EXTREME CORE</b> with Rachel P. Meet on Patio (WP)*
	<b>10-11a</b> <b>AGING ATHLETE</b> with Rick Group Fitness Studio	<b>11-11:45a</b> <b>BOXING</b> with Jeni Boxing Area	<b>10-11a</b> <b>AGING ATHLETE</b> with Rick Group Fitness Studio	<b>11-11:45a</b> <b>BOXING</b> with Jeni Boxing Area	<b>10-11a</b> <b>AGING ATHLETE</b> with Rick Group Fitness Studio	<b>10-11a</b> <b>CYCLING</b> with Steven Cycle Area
AFTERNOON	<b>12-1p</b> <b>KETTLEBELL FUND.</b> with Rick Track Desk	<b>12-12:30p</b> <b>WORKOUT OF THE DAY</b> with Shelby Track Desk	<b>12-1p</b> <b>KETTLEBELL FUND.</b> with Rick Track Desk	<b>12-12:45p</b> <b>BOXING</b> with Jeni Boxing Area	<b>12-1p</b> <b>DEKA</b> with Jessie Deka Zone	
	<b>12-1p</b> <b>TOTAL BODY STRENGTH</b> with Jill Auxiliary Court	<b>12-12:30p</b> <b>TABATA</b> with Kaitlyn White River State Park	<b>12-1p</b> <b>TOTAL BODY STRENGTH</b> with Jill Auxiliary Court	<b>12-12:30p</b> <b>TABATA</b> with Rachel P. White River State Park	<b>12-1p</b> <b>BARRE FUSION</b> with Rachel P. Meet on Patio (WP)*	
	<b>12-1p</b> <b>VINYASA YOGA</b> with Grace Group Fitness Studio	<b>12:30-12:45p</b> <b>CORE AND MORE</b> with Kaitlyn White River State Park		<b>12:30-12:45p</b> <b>CORE AND MORE</b> with Rachel P. White River State Park		
			<b>12-1p</b> <b>YOGA STRN/RESTR</b> with Grace Group Fitness Studio	<b>1-1:30p</b> <b>FUND. STRETCHING</b> with Chris M. Group Fitness Studio	<b>1:15-1:45p</b> <b>EXPRESS YOGA</b> with Grace Group Fitness Studio	
					<b>4-5p</b> <b>TOTAL BODY STRENGTH</b> with Jill Auxiliary Court	
EVENING	<b>6-7p</b> <b>RESTORATIVE YOGA</b> with Grace Group Fitness Studio	<b>5:30-6:30p</b> <b>CYCLING</b> with Kaitlyn Cycle area	<b>5:45-6:45p</b> <b>PILATES FUSION</b> with Rachel P. Auxiliary Court			
	<b>6-7p</b> <b>BOOT CAMP</b> with Steven Meet on Patio (WP)*	<b>5:45-6:30p</b> <b>STEP (Intermed.)</b> with Rachel P. Auxiliary Court	<b>6-7p</b> <b>BOOT CAMP</b> with Steven Meet on Patio (WP)*	<b>6-7p</b> <b>VINYASA FLOW</b> with Stephanie Group Fitness Studio		
		<b>6:45-7:15p</b> <b>FUND. STRETCHING</b> with Chris M. Auxiliary Court	<b>6-7p</b> <b>VINYASA YOGA</b> with Grace Group Fitness Studio	<b>6-7p</b> <b>DEKA</b> with Shelby Deka Zone		

GROUP FITNESS KEY



\*WP - Weather Permitting

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for fitness

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