



Group Class Schedule Winter 2020

Downstairs Studio

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 AM	FFP Yoga <i>Courtney</i>	FFP Yoga <i>Ursel</i>	Balance & Strength <i>Joyce</i>	FFP Barre <i>Mary R.</i>	Balance & Strength <i>Joyce</i>	Zumba Gold <i>Mary R.</i>
10:15 AM	FFP Pilates <i>Mary R.</i>	FFP Pilates <i>Elizabeth</i>	FFP Yoga <i>Jennifer</i>	FFP Pilates <i>Mary R.</i>	FFP Yoga <i>Jennifer</i>	Core Fit <i>Kristie</i>
11:30 AM	Balance & Strength <i>Joyce</i>		Silver Strength <i>Randall</i>		Silver Strength <i>Randall</i>	
5:00 PM					Candlelight Yoga <i>Mary G.</i>	
5:30 pm		FFP Barre <i>Mary R.</i>	Belly Dancing <i>Polly</i>			
6:00 PM	Candelight Yoga <i>Mary G.</i>			Kids Tae Kwon Do <i>Shay</i>		
7:00 pm		Tae Kwon Do <i>Shay</i>		Tae Kwon Do <i>Shay</i>		

Upstairs Studio

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 AM	Zumba <i>Jody</i>		Zumba <i>Jody</i>		Zumba <i>Jody</i>	
10:15 AM	Total Strength <i>Mary G.</i>	Total Strength <i>Carley</i>				Dance Fitness <i>Monique</i>
4:30 PM	Zumba <i>Melanie</i>					
5:30 PM	Total Strength <i>Carley</i>	Zumba <i>Melanie</i>	Core Fit <i>Kristie</i>	Zumba <i>Melanie</i>		
6:30 PM		MixxedFit <i>Twanisha</i>		Core Fit <i>Kristie</i>		

Cycle Studio

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM			FFP Sprint Ride <i>Rachel</i>			
9:00 AM		FFP Power Ride <i>Kimberly</i>		FFP Power Ride <i>Kimberly</i>		FFP Power Ride <i>Kimberly</i>
5:30 PM		FFP Performance Ride <i>Mark</i>		FFP Performance Ride <i>Mark</i>		

**Last updated December 18, 2019



Group Class Schedule Winter 2020

Barre: ballet-based workout for toned legs and glute

Belly Dancing: Energetic, fun music, no dance experience required!

Balance and Strength: Full body strength training, balance, and light cardio workout

Core Fit: Total body strengthening with a focus on the core area

Dance Fitness: Fun, energetic, and easy to follow dance class- great for beginners!

FFP Performance Ride: Sprints, climbs, and jumps. Your stamina and endurance will be pushed!

FFP Power Ride: Motivating and intense, challenges riders with climbs, sprints and, endurance drills, while building strength and power.

FFP Sprint Ride: Fast paced, high energy and super fun sprints, climbs, and other cycle drills that push you to your limit.

MixedFit: People-inspired dance fitness program that is a mix of explosive dancing and boot camp toning.

Pilates: Focus on toning muscles, building core-strength, improving flexibility & joint-stability- all levels welcome!

Silver Strength: Energizing class for active older adults. Focus on endurance, coordination, balance, and flexibility.

Total Strength: Powerful high energy strength circuits.

Tae Kwon Do: Traditional, non-contact Korean karate, learn the art of kicks and punches, improve self-confidence

Yoga: Focus on body alignment & flow, in addition to improving strength, balance & breath-work- all levels welcome.

Zumba®: Dance your way to a healthier you with today's hottest beats

Zumba Gold®: Modified **Zumba®** that recreates the original moves you love at a lower-intensity with easier choreography



Group Class Schedule Winter 2020

**Last updated December 18, 2019