



GROUP FITNESS SCHEDULE

COME EXPERIENCE WHY IT'S BETTER IN A GROUP AT SPIECE FITNESS!



CLASS LOCATIONS:
GFZONE
SUMMIT AREA
CORE ZONE

\$10 CLASS DROP IN RATE



MONDAY, JUNE 20TH (IN-PERSON)

- 5:15 AM GROUP BLAST WITH KASI (55 MINUTES)
- 9:00 AM GROUP ACTIVE WITH MOLLY (55 MINUTES)
- 10:15 AM GROUP POWER WITH MICHELLE (55 MINUTES)
- 12:00 PM SPINNING WITH KASI (45 MINUTES)
- 5:30 PM SPINNING WITH KIM (45 MINUTES)
- 6:30 PM GROUP FIGHT WITH KASI (55 MINUTES)

THURSDAY, JUNE 23RD (IN-PERSON)

- 5:15 AM GROUP POWER WITH GABE (55 MIN) **IT'S BACK!**
- 8:15 AM SPINNING WITH LORI (45 MINUTES)
- 9:15 AM GROUP CENTERGY WITH LORI (55 MINUTES)
- 10:30 AM TAI CHI WITH SUSAN (60 MINUTES)
- 5:30 PM GROUP BLAST WITH BECKY (55 MINUTES)
- 6:30 PM ZUMBA WITH NIKKI (55 MINUTES)

FRIDAY, JUNE 24TH (IN-PERSON)

- 5:15 AM GROUP FIGHT WITH BECKY (55 MINUTES)
- 9:00 AM GROUP BLAST WITH BECKY (55 MINUTES)
- 10:15 AM GROUP POWER WITH KIM (55 MINUTES)
- 5:30 PM GROUP POWER WITH GABE (55 MINUTES)
- 6:30 PM GROUP CORE WITH GABE (55 MINUTES)

TUESDAY, JUNE 21ST (IN-PERSON)

- 5:15 AM GROUP FIGHT WITH BECKY (55 MINUTES)
- 6:20 AM SPINNING WITH GAIL (45 MINUTES)
- 8:15 AM SPINNING WITH LORI (45 MINUTES)
- 9:15 AM GROUP CENTERGY WITH LORI (55 MINUTES)
- 10:30 AM TAI CHI WITH SUSAN (60 MINUTES)
- 5:00 PM GROUP CORE WITH KASI (30 MINUTES) **CHANGED!**
- 5:30 PM INTERVALS WITH KASI (55 MINUTES)
- 6:30 PM ZUMBA WITH NIKKI (55 MINUTES)

VISIT OUR WEBSITE:
www.spiecefitness.com

Join us on Facebook, Instagram and Twitter!



WEDNESDAY, JUNE 22ND (IN-PERSON)

- 5:15 AM SPINNING WITH KASI (45 MINUTES)
- 9:00 AM GROUP BLAST WITH BECKY (55 MINUTES)
- 10:15 AM GROUP POWER WITH MICHELLE (55 MINUTES)
- 12:00 PM SPINNING WITH KIM (45 MINUTES)
- 5:30 PM GROUP POWER WITH KIM (55 MINUTES)
- 6:30 PM GROUP FIGHT WITH BECKY (55 MINUTES)
- 6:30 PM GROUP CENTERGY WITH NIKKI (55 MINUTES)

NOT A MEMBER? YOU CAN PURCHASE A GROUP FITNESS PUNCH CARD AT THE FITNESS DESK!

SATURDAY, JUNE 25TH (IN-PERSON)

- 7:05 AM SPINNING WITH KIM (45 MINUTES)
- 8:00 AM GROUP BLAST WITH KASI (55 MINUTES)
- 9:05 AM GROUP CORE WITH KASI (30 MINUTES)
- 9:10 AM GROUP POWER WITH KIM (55 MINUTES)
- 10:15 AM GROUP CENTERGY WITH NIKKI (55 MINUTES)

SUNDAY, JUNE 26TH (IN-PERSON)

- 8:15 AM SPINNING WITH KIM (45 MINUTES)
- 9:00 AM "TEACHER TALK" WITH BECKY
- 9:15 AM GROUP CENTERGY WITH NIKKI (45 MINUTES)
- 10:15 AM GROUP FIGHT WITH BECKY (55 MINUTES)