

# GROUP EXERCISE SCHEDULE

## October 2024

### MONDAY

5:15 – 6:15 AM	BODYPUMP	Allen	Group Ex
9:00 – 10:00 AM	BODYPUMP	Becky	Group Ex
10:15 – 11:15 AM	BODYBALANCE	Becky	Mind/Body
4:30 – 5:20 PM	Barre	Peggy	Mind/Body
4:45 – 5:15 PM	SPRINT	Alyssa	Cycling
5:30 – 6:30 PM	BODYPUMP	Dane	Group Ex
6:45 – 7:45 PM	BODYBALANCE	BethAnn	Mind/Body

### TUESDAY

5:15 – 5:45 AM	Les Mills CORE	BethAnn	Group Ex
5:45 – 6:15 AM	GRIT	BethAnn	Group Ex
5:45 – 6:30 AM	RPM	Alyssa	Cycling
7:00 – 8:00 AM	Barre	Liza	Mind/Body
8:00 – 8:50 AM	Bootcamp	Tami	Group Ex
9:00 – 10:00 AM	Vinyasa Yoga	Katie	Mind/Body
9:00 – 9:30 AM	Les Mills CORE	BethAnn	Group Ex
9:30 – 10:15 AM	RPM	Kelly	Cycling
9:30 – 10:30 AM	BODYCOMBAT	Tish	Group Ex
10:15 – 11:15 AM	Gentle Yoga	Katie	Mind/Body
5:00 – 5:30 PM	Core and More	Julia	Group Ex
5:30 – 6:30 PM	BODYCOMBAT	Nikki	Group Ex

### WEDNESDAY

5:15 – 6:15 AM	BODYCOMBAT	Kim	Group Ex
9:00 – 10:00 AM	BODYPUMP	Rachel	Group Ex
9:00 – 10:00 AM	Barre	Melissa	Mind/Body*
10:15 – 11:15 AM	BODYBALANCE	Kelly	Mind/Body
4:30 – 5:20 PM	Barre	Tiffeny	Mind/Body
5:30 – 6:30 PM	BODYPUMP	Becky	Group Ex
6:45 – 7:45 PM	BODYBALANCE	Becky	Mind/Body

\*This Barre class starts Wednesday, September 11<sup>th</sup>.

Our instructors will guide you through a safe and effective workout along your fitness journey. All ages and fitness stages welcome!

Sign up on the be FITNESS APP for the class you want to take, this will reserve your spot! You can sign up 24 hours in advance for a class on the APP and if something comes up and you can no longer attend, you can cancel up to 30 minutes before class starts.

For any group class needs, please contact Becky (Group Ex Manager) at [becky@befitnesscenter.com](mailto:becky@befitnesscenter.com). Classes and class descriptions can be found on the be FITNESS app.

### THURSDAY

5:15 – 6:00 AM	RPM	Alyssa	Cycling
6:00 – 6:30 AM	Les Mills CORE	Alyssa	Group Ex
7:00 – 8:00 AM	Barre	Peggy	Mind/Body
8:00 – 8:50 AM	Bootcamp	Tami	Group Ex
9:00 – 9:30 AM	CORE	Rotation	Group Ex
9:00 – 10:00 AM	Vinyasa Yoga	Linda	Mind/Body
9:30 – 10:30 AM	BODYCOMBAT	Tish	Group Ex
9:30 – 10:15 AM	Cycle Circuit	Tami	Cycling
10:15 – 11:15 AM	Gentle Yoga	Linda	Mind/Body
5:00 – 6:00 PM	Cycle Circuit	Jessica	Cycling

### FRIDAY

5:15 – 6:15 AM	BODYPUMP	Kim	Group Ex
9:00 – 10:00 AM	Uplift Vinyasa	Kate	Mind/Body
9:15 – 10:15 AM	BODYPUMP	Kim P.	Group Ex
10:15 – 11:15 AM	Barre	Tiffeny	Mind/Body

### SATURDAY

7:30 – 8:00 AM	GRIT	Stephanie	Group Ex
8:15 – 9:15 AM	BODYCOMBAT	Alyssa	Group Ex
9:15 – 10:15 AM	BODYBALANCE	Theresa	Mind/Body
9:30 – 10:30 AM	BODYPUMP	Katherine	Group Ex

### SUNDAY

8:30 – 9:15 AM	Barre	Rotation	Mind/Body
9:30 – 10:30 AM	Uplift Vinyasa	Kate	Mind/Body
9:30 – 10:15 AM	Cycle	Liza	Cycling



FITNESS