

Summer 2021 Fresh & Fit Group Fitness Schedule

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:30-6:10				Fit Fusion Karie Studio			
6:45-7:45	Lizz River	Lizz River		Lizz River			
8:00-9:00		Guts & Glutes Karie Studio		Kristi Yoga Studio	Karie Studio		
8:30-9:10	Fit Fusion Karie Studio		Fit Fusion Karie Studio				
9:00-10:00						River Carly (rotating)	
3:30-4:10			Fall Prevention Karie Studio		Fall Prevention Karie Studio		
6:00-7:00	Candice River	Kristi Yoga Studio		River Yoga Kristi			
7:00-8:00		Karie River					

Red- Senior Class

Blue- River Class