


FORT SANDERS
HEALTH & FITNESS CENTER

★★★★★



2018

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two-page printable
version on our website at
fshfc.com

SUN	MON	TUE	WED	THU	FRI	SAT
1  CLUB HOURS 1:00-5:00PM	2 6:00 BC/BP (1) Ashley 6:00 SPIN (2) Kari 8:00 Barre (3) Shana 8:15 BST (1) Lara 9:00 Aqua (P) Stephanie 9:00 PL (3) Deb 9:15 PM 45 (1) Shana 10:00 Joint (P) Stephanie 10:05 CXworx (1) Shana 10:15 Yoga (3) Sunny 10:45 GL (1) Eric 11:00 Aqua (P) Susan 12:00 BF (3) Katie 12:00 SPIN (2) Chris 1:00 Cardio Str.(1) Susan 4:30 CS 45 (1) Dani 5:00 POUND (3) Allyson 5:15 CXworx (1) Shannon 5:45 BA 45 (1) Shannon 6:00 Aqua (P) Kate 6:00 Yoga (3) Lori 6:30 BP (1) Stacie/Shannon 7:15 SPIN (2) Chris O 7:30 Zumba (1) Ildiko	3 6:00 BA (1) Shana 6:00 BF (3) Lara 8:00 T&B (3) Shana 8:30 SPIN (2) Cindy 8:30 KB (1) Stephanie 9:00 Aqua-IT (P) Shannon 9:00 BF (3) Cassie 9:30 BA (1) Eric 10:00 Yoga (3) Susan 10:30 BP (1) Allison/Cassie 11:00 Joint (P) Karen K 11:00 Barre (3) Shana 12:00 M&M 45 (1) Sarah 12:00 Zumba/CD (3) Sunny 1:00 Aqua Flow (P) Debbie 1:30 Parkinson's (2) Kari 4:30 BST/BP 70 (1) Alesia 4:30 Barre (3) Linda 5:30 BF (3) Kristi 5:45 PM 45 (1) Mary Alex 6:30 Spin-RPM (2) Ashley 6:30 BC (1) Rebecca 6:35 Barre 30 (3) Mary Alex	4 6:00 HIIT 45 (1) Allison 6:00 SPIN (2) Nancy 8:30 PM (1) Lori 9:00 Aqua-DW (P) Donna 9:00 PL (3) Karen 9:30 CS 45 (1) Shana 10:00 Joint (P) Donna 10:15 CXworx (1) Shana 10:15 Yoga (3) Karen 10:45 GL (1) Julie 11:00 Aqua (P) Lara 11:30 Beg Tai Chi (3) Bill/Linda 12:00 BP 45 (1) Katie 12:00 SPIN-RPM (2) Erika 12:30 Int Tai Chi (3) Bill/Linda 1:00 T&B (1) Kate 2:15 GF Yoga (3) Lori 5:00 POUND (3) Kristi 5:00 Zumba/CD (1) Dani 5:45 Spin-RPM (2) Mariah 6:00 Aqua (P) Kristi 6:00 BP (1) Sarah 6:00 Yoga (3) Alesia 7:00 Feldenkrais (3) Debbie	5 6:00 BP (1) Nancy 8:00 T&B (3) Deb 8:30 SPIN (2) Lori 8:30 BSS (1) Kate 9:00 Aqua-IT (P) Sarah 9:30 BF (3) Lara 9:30 BST (1) Sunny 10:30 Feldenkrais (3) Debbie 10:30 BP (1) Lara/Stephanie 12:00 Zumba /CD (3) Julie 12:00 M&M 45 (1) Mary Alex 1:30 Parkinsons (2) Nancy 4:30 BA (1) Stacie 4:30 Barre (3) Karen 5:30 BST 30 (1) Stacie 5:30 PYF (3) Ashley 6:05 BP 30 (1) Ashley 6:30 PM (3) Sommer 6:40 BC 30 (1) Ashley 7:15 Zumba/CD (1) Fumika	6 6:00 HIIT 45 (1) Nancy 6:00 SPIN (2) Joe 8:30 BP (1) Lara 8:30 Pilates (3) Sunny 9:00 Aqua (P) Alesia 9:35 BF (3) Danielle 9:30 KB (1) Stephanie 10:00 Joint (P) Kristi 10:30 GL (1) Katie 10:40 Yoga (3) Shana 11:00 Aqua (P) Kristi 11:30 BST/BP 75 (1) Stacie 12:00 SPIN (2) Jane 1:00 Zumba Gold (1) Dani 1:30 Parkinsons (2) Julie 2:15 Feldenkrais (3) NO CLASS 4:30 Step Sculpt (1) Shana 5:30 BP (1) Megan 6:30 BodyAttack (1) Shannon	7 8:00 BST (1) Nancy 8:00 SPIN (2) Stephanie 9:00 Aqua (P) Pam 9:00 BP (1) Danielle/Nancy 9:00 BF (3) Linda 10:00 BA (GYM) NEW RELEASE 10:00 POUND(3) Ashleigh 11:00 PM(1) Kate 11:15 Yoga(3) Susan 11:30 SPIN-RPM (2) Meg 12:00 Zumba/CD (1) Ildiko 12:30 Barre (3) Karen
8 11:30 BST/BP 90 (1) Stacie 12:00 SPIN (2) Katie 1:00 M&M 45 (1) Eric 1:00 Yoga (3) Karen 1:50 BC (1) Sarah 2:15 Barre (3) Shana 3:00 SPIN-RPM (2) Megan 3:15 GF Yoga 45 (3) Karen 2:55 BP (1) Danielle/Sarah 4:00 Zumba/CD (1) Allyson 4:05 BF (3) Linda	9 6:00 BST/BP (1) Nancy 6:00 SPIN (2) Kari 8:00 Barre (3) Sunny 8:15 BST (1) Carla 9:00 Aqua (P) Stephanie 9:00 PL (3) Deb 9:15 PM 45 (1) Carla 10:00 Joint (P) Lara 10:05 CXworx (1) Carla 10:15 Yoga (3) Lori 10:45 GL (1) Eric 11:00 Aqua (P) Lara 11:00 Barre (3) Lara 12:00 BF (3) Katie 12:00 SPIN (2) Chris 1:00 Cardio Str.(1) Shana 4:30 CS 45 (1) Alesia 5:00 POUND (3) Shana 5:15 CXworx (1) Kate 5:45 BA 45 (1) Kristi 6:00 Aqua (P) Kristi 6:00 Yoga (3) Wendy 6:30 BP (1) Ashley/Shannon 7:15 SPIN (2) Chris O 7:30 Zumba (1) Ildiko	10 6:00 BA (1) Stacie 6:00 BF (3) Lara 8:00 T&B (3) Stephanie 8:30 SPIN (2) Jane 8:30 KB (1) Shana 9:00 Aqua-IT (P) Sunny 9:00 BF (3) Danielle 9:30 BA (1) Ashley 10:00 Yoga (3) Susan 10:30 BP (1) Ashley/Lara 11:00 Joint (P) Karen K 11:30 Beg Tai Chi (3) Chloe 12:00 BP 45 (1) Shannon 12:00 M&M 45 (1) Cassie 12:30 Int Tai Chi (3) Pam 1:00 T&B (1) Debbie 2:15 GF Yoga (3) Kari 5:00 POUND (3) Sarah 5:00 Zumba/CD (1) Mary Alex 5:45 SPIN-RPM (2) Karen 6:00 Aqua (P) Kate 6:00 BP (1) Meg 6:00 Yoga (3) Rebecca 7:00 Feldenkrais (3) Karen	11 6:00 HIIT 45 (1) Nancy 6:00 SPIN (2) Lara 8:30 PM (1) Shana 9:00 Aqua-DW (P) Donna 9:00 PL (3) Karen 9:30 CS 45 (1) Shana 10:00 Joint (P) Donna 10:15 CXworx (1) Shana 10:15 Yoga (3) Karen 10:45 GL (1) Lori 11:00 Aqua (P) Stephanie 11:30 Beg Tai Chi (3) NO CLASS 12:00 BP 45 (1) Katie 12:00 SPIN-RPM (2) Erika 12:30 Int Tai Chi (3) Susan 1:00 T&B (1) Pam 2:15 GF Yoga (3) Susan 5:00 POUND (3) Ashleigh 5:00 Zumba/CD (1) Sunny 5:45 SPIN-RPM (2) Mariah 6:00 Aqua (P) Kate 6:00 BP (1) Sarah 6:00 Yoga (3) Sunny 7:00 Feldenkrais (3) Debbie	12 6:00 BP (1) Stephanie 8:00 T&B (3) Kari 8:30 SPIN (2) Lori 8:30 BSS (1) Eric 9:00 Aqua-IT (P) Kari 9:30 BF (3) Cassie 9:30 KB (1) Sarah 10:30 Feldenkrais (3) Debbie 10:30 BP (1) Cassie/Allison 12:00 Zumba /CD (3) Julie 12:00 M&M 45 (1) Kate 1:30 Parkinsons (2) Nancy 4:30 BA (1) Shannon 4:30 Barre (3) Linda 5:30 BST 30 (1) Stacie 5:30 PYF (3) Wendy 6:05 BP 30 (1) Stacie 6:30 PM (3) Sommer 6:40 BC 30 (1) Rebecca 7:15 Zumba/CD (1) Ildiko	13 6:00 HIIT 45 (1) Kate 6:00 SPIN (2) Joe 9:00 Aqua (P) Shannon 8:30 BP (1) Lori 9:00 Aqua (P) Wendy 9:00 BA (1) Carla 9:30 KB (1) Kristi 10:00 Joint (P) Wendy 10:30 GL (1) Sunny 10:40 Yoga (3) Carla 11:00 Aqua (P) Nancy 11:30 BodyAttack (1) Shana 12:00 SPIN (2) Stephanie 1:00 Zumba Gold (1) Debbie 1:30 Parkinsons (2) Julie 2:15 Feldenkrais (3) Debbie 4:30 Step Sculpt (1) Alesia 5:30 BP (1) Ashley 6:30 BodyCombat(1) Linda	14 8:00 BST (1) Stacie 8:00 SPIN (2) Joe 9:00 Aqua (P) Chloe 9:00 BP (1) NEW RELEASE 9:00 BF (3) Kristi 10:00 BA (1) Ashley 10:00 POUND (3) Megan 11:00 PM(1) Dani 11:15 Yoga(3) Sunny 11:30 SPIN-RPM (2) Ashley 12:00 Zumba/CD (1) Julie 12:30 Barre (3) Sunny



10:00am in the Gym
Register online or with
Lori at 531-5063

(1) = Studio #1 (2) = Studio #2 (3) = Studio #3 (P) = Pool

All classes are 50-55 minutes in length Unless otherwise noted with a number after (ie... BST/BP 90, class is 90 minutes in length)

BA=BodyAttack	BC= BodyCombat	BF=BodyFlow	BP=BodyPump	BST=Body Step	BSS=Bosu, Stability, Strength	CS=Cardio Step	FF=Forever Fit	GL=Go Low
HIIT=High Intensity Interval Training	KB=Kickboxing	M&M=Metabolic Meltdown		PYF = Pilates Yoga Fusion		PL=Pilates	PM=Pure Muscle	T&B=Tone & Balance
Indoor Cycling..... SPIN Classes will focus on Coach by Color and FTW (Functional Threshold Watt) training					Spin-RPM—Les Mills Indoor Cycling Program			

15	16	17	18	19	20	21							
11:30 BST/BP 90 (1) 12:00 SPIN (2) 1:00 M&M 45 (1) 1:00 Yoga (3) 1:50 BC (1) 2:15 Barre (3) 3:00 SPIN-RPM (2) 3:15 GF Yoga 45 (3) 2:55 BP (1) 4:00 Zumba/CD (1) 4:05 BF (3)	Carla Nancy Kate Carla Ashley Karen Meg Karen Allison/Ashley Fumika Ashleigh	6:00 BC/BP (1) 6:00 SPIN (2) 8:00 Barre (3) 8:15 BST (1) 9:00 Aqua (P) 9:00 PL (3) 9:15 PM 45 (1) 10:00 Joint (P) 10:05 CXworx (1) 10:15 Yoga (3) 10:45 GL (1) 11:00 Aqua (P) 12:00 BF (3) 12:00 SPIN (2) 1:00 Cardio Str.(1) 4:30 CS 45 (1) 5:00 POUND (3) 5:15 CXworx (1) 5:45 BA 45 (1) 6:00 Aqua (P) 6:00 Yoga (3) 6:30 BP (1) 7:15 SPIN (2) 7:30 Zumba (1)	Ashley Nancy Chloe Lara Stephanie Deb Eric Stephanie Shannon Carla Eric Shannon Carla Chris Dani Shana Ashleigh Shana Sarah Kate Wendy Sarah/Stacie Chris O Ildiko	6:00 BA (1) 6:00 BF (3) 8:00 T&B (3) 8:30 SPIN (2) 9:00 Aqua-DW (P) 8:30 KB (1) 9:00 Aqua-IT (P) 9:00 BF (3) 9:30 BA (1) 10:00 Yoga (3) 10:30 BA (1) 11:00 Joint (P) 11:00 Barre (3) 12:00 M&M 45 (1) 12:00 Zumba/CD (3) 1:00 Aqua Flow (P) 1:30 Parkinson's (2) 4:30 BST/BP 70 (1) 4:30 Barre (3) 5:30 BF (3) 5:45 PM 45 (1) 6:30 SPIN-RPM (2) 6:30 BC (1) 6:35 Barre 30 (3)	Shana Lara Kate Cindy Stephanie Shannon Cassie Eric Susan Cassie/Stephanie Susan Sunny Sunny Chloe Debbie Kari Alesia Linda Katie Sommer Mariah Chloe	6:00 HIIT 45 (1) 6:00 SPIN (2) 8:30 PM (1) 9:00 Aqua-DW (P) 9:00 PL (3) 9:30 CS 45 (1) 10:00 Joint (P) 10:15 CXworx (1) 10:45 GL (1) 11:00 Aqua (P) 11:30 Beg Tai Chi (3) 12:00 BP 45 (1) 12:00 SPIN (2) 12:30 Int Tai Chi (3) 1:00 T&B (1) 2:15 GF Yoga (3) 5:00 POUND (3) 5:00 Zumba/CD (1) 5:45 SPIN-RPM (2) 6:00 Aqua (P) 6:00 BP (1) 6:00 Yoga (3) 7:00 Feldenkrais (3)	Nancy Kari Kate Lara Karen Dani Lara Shana Shana Chloe NO CLASS Katie Lori NO CLASS Susan Susan Kristi Fumika Ashley Kristi Sarah Alesia Debbie	6:00 BP (1) 8:00 T&B (3) 8:30 SPIN-RPM (2) 8:30 BSS (1) 9:00 Aqua-IT (P) 9:30 BF (3) 9:30 BST (1) 10:30 Feldenkrais (3) 10:30 BP (1) 12:00 Zumba /CD (3) 12:00 M&M 45 (1) 1:30 Parkinsons (2) 4:30 BA (1) 4:30 Barre (3) 5:30 BST 30 (1) 5:30 PYY (3) 6:05 BP 30 (1) 6:30 PM (3) 6:40 BC 30 (1) 7:15 Zumba/CD (1)	Nancy Debbie Erika Eric Kari Danielle Sarah Debbie Lara/Sarah Julie Mary Alex Nancy Kate Shana Lara Wendy Ashley Shannon Sunny	6:00 HIIT 45 (1) 6:00 SPIN (2) 8:30 BP (1) 8:30 Pilates (3) 9:00 Aqua (P) 9:35 BF (3) 9:30 KB (1) 10:00 Joint (P) 10:30 GL (1) 10:40 Yoga (3) 11:00 Aqua (P) 11:30 BST/BP 75 (1) 12:00 SPIN (2) 1:00 Zumba Gold (1) 1:30 Parkinsons (2) 2:15 Feldenkrais (3) 4:30 Step Sculpt (1) 5:30 BP (1) 6:30 BodyAttack (1)	Allison Joe Alesia Wendy Kate Kristi Alesia Wendy Dani Lori Shannon Lara Katie Debbie Julie Debbie Sunny Megan Sarah	8:00 BST (1) 8:00 SPIN (2) 9:00 Aqua (P) 9:00 BP (1) 9:00 BF (3) 10:00 BA (1) 10:00 POUND (3) 11:00 PM(1) 11:15 Yoga(3) 11:30 SPIN-RPM (2) 12:00 Zumba/CD (1) 12:30 Barre (3)	Carla Sheila Kristi Sheila/Stacie NEW RELEASE Eric Cassie Sommer Shana Wendy Ildiko Shana

22	23	24	25	26	27	28							
11:30 BST/BP 90 (1) 12:00 SPIN-RPM (2) 1:00 M&M 45 (1) 1:00 Yoga (3) 1:50 BC (1) 2:15 Barre (3) 3:00 SPIN-RPM (2) 3:15 GF Yoga 45 (3) 2:55 BP (1) 4:00 Zumba/CD (1) 4:05 BF (3)	Alesia Mariah Mary Alex Sheila Sarah Mary Alex Megan Susan Sheila/Sarah Fumika Ashleigh	6:00 BST/BP (1) 6:00 SPIN (2) 8:00 Barre (3) 8:15 BST (1) 9:00 Aqua (P) 9:00 PL (3) 9:15 PM 45 (1) 10:00 Joint (P) 10:05 CXworx (1) 10:15 Yoga (3) 10:45 GL (1) 11:00 Aqua (P) 12:00 BF (3) 12:00 SPIN (2) 1:00 Cardio Str.(1) 4:30 CS 45 (1) 5:00 POUND (3) 5:15 CXworx (1) 5:45 BA 45 (1) 6:00 Aqua (P) 6:00 Yoga (3) 6:30 BP (1) 7:15 SPIN (2) 7:30 Zumba (1)	Nancy Lara Chloe Carla Katie Deb Carla Lara Carla Sunny Lori Kate Lara Chris Wendy Shana Alesia Shana Shana Kristi Wendy Shannon/Stacie Chris O Ildiko	6:00 BA (1) 6:00 BF (3) 8:00 T&B (3) 8:30 SPIN (2) 8:30 KB (1) 9:00 Aqua-IT (P) 9:00 BF (3) 9:30 BA (1) 10:00 Yoga (3) 10:30 BP (1) 11:00 Joint (P) 11:00 Barre (3) 12:00 M&M 45 (1) 12:00 Zumba/CD (3) 1:00 Aqua Flow (P) 1:30 Parkinson's (2) 4:30 BST/BP 70 (1) 4:30 Barre (3) 5:30 BF (3) 5:45 PM 45 (1) 6:30 SPIN-RPM (2) 6:30 BC (1) 6:35 Barre 30 (3)	Kate Lara Stephanie Jane Shana Chloe Danielle Sarah Susan Allison/Cassie Karen K Sunny Shannon Cassie Debbie Kari Stacie Shana Karen Katie Ashley Rebecca Karen	6:00 HIIT 45 (1) 6:00 SPIN (2) 8:30 PM (1) 9:00 Aqua-DW (P) 9:00 PL (3) 9:30 CS 45 (1) 10:00 Joint (P) 10:15 CXworx (1) 10:45 GL (1) 11:00 Aqua (P) 11:30 Beg Tai Chi (3) 12:00 BP 45 (1) 12:00 SPIN (2) 12:30 Int Tai Chi (3) 1:00 T&B (1) 2:15 GF Yoga (3) 5:00 POUND (3) 5:00 Zumba/CD (1) 5:45 SPIN-RPM (2) 6:00 Aqua (P) 6:00 BP (1) 6:00 Yoga (3) 7:00 Feldenkrais (3)	Nancy Kari Dani Donna Karen Sunny Donna Shana Karen Julie Sunny Bill/Linda Stephanie Meg Bill/Linda Susan Susan Allyson Olga Mariah Sarah Ashley Lori Debbie	6:00 BP (1) 8:00 T&B (3) 8:30 SPIN-RPM (2) 8:30 BSS (1) 9:00 Aqua-IT (P) 9:30 BF (3) 9:30 BST (1) 10:30 Feldenkrais (3) 10:30 BP (1) 12:00 Zumba /CD (3) 12:00 M&M 45 (1) 1:30 Parkinsons (2) 4:30 BA (1) 4:30 Barre (3) 5:30 BST 30 (1) 5:30 PYY (3) 6:05 BP 30 (1) 6:30 PM (3) 6:40 BC 30 (1) 7:15 Zumba/CD (1)	Nancy Kari Erika Kate Kari Cassie NEW RELEASE Debbie Sarah/Ashley Julie Dani Nancy Stacie Chloe Alesia Ashleigh Sommer Shannon Ildiko	6:00 HIIT 45 (1) 6:00 SPIN (2) 8:30 BP (1) 8:30 Pilates (3) 9:00 Aqua (P) 9:35 BF (3) 9:30 KB (1) 10:00 Joint (P) 10:30 GL (1) 10:40 Yoga (3) 11:00 Aqua (P) 11:30 BodyAttack (1) 12:00 SPIN (2) 1:00 Zumba Gold (1) 1:30 Parkinsons (2) 2:15 Feldenkrais (3) 4:30 Step Sculpt (1) 5:30 BP (1) 6:30 BodyCombat (1)	Kate Joe Allison Sunny Lara Kristi Alesia Lara Eric Alesia Nancy Ashley Katie Debbie Julie Debbie Dani Shannon Shannon	8:00 BST (1) 8:00 SPIN (2) 9:00 Aqua (P) 9:00 BP (1) 9:00 BF (3) 10:00 BA (1) 10:00 POUND (3) 11:00 PM(1) 11:15 Yoga(3) 11:30 SPIN-RPM (2) 12:00 Zumba/CD (1) 12:30 Barre (3)	Lara Joe Stephanie Lara/Stacie Ashleigh Kate Megan Eric Karen Megan Ildiko Mary Alex

29	30				
11:30 BST/BP 90 (1) 12:00 SPIN-RPM (2) 1:00 M&M 45 (1) 1:00 Yoga (3) 1:50 BC (1) 2:15 Barre (3) 3:00 SPIN-RPM (2) 3:15 GF Yoga 45 (3) 2:55 BP (1) 4:00 Zumba/CD (1) 4:05 BF (3)	Lara Meg Eric Lori Rebecca Linda Ashley Lori Cassie/Danielle Cassie Linda	6:00 BC/BP (1) 6:00 SPIN (2) 8:00 Barre (3) 8:15 BST (1) 9:00 Aqua (P) 9:00 PL (3) 9:15 PM 45 (1) 10:00 Joint (P) 10:05 CXworx (1) 10:15 Yoga (3) 10:45 GL (1) 11:00 Aqua (P) 12:00 BF (3) 12:00 SPIN (2) 1:00 Cardio Str.(1) 4:30 CS 45 (1) 5:00 POUND (3) 5:15 CXworx (1) 5:45 BA 45 (1) 6:00 Aqua (P) 6:00 Yoga (3) 6:30 BP (1) 7:15 SPIN (2) 7:30 Zumba (1)	Ashley Nancy Sunny Lara Stephanie Deb Carla Stephanie Shana Carla Shana Chloe Katie Chris Pam Alesia Kristi Shannon Shannon Kristi Wendy Megan/Shannon Chris O Ildiko	<p>10:00 AM 4.7.18 IN THE GYM</p> <p>100 PARTICIPANTS FOR BODYATTACK 100</p> <p>REGISTRATION REQUIRED: FSHFC MEMBERS - REGISTER ONLINE NON-MEMBERS - CALL 531-5065</p> <p>PORT SANDERS Health & Fitness CENTER COMMUNITY CONCEPT</p>	<p>BODYATTACK 100</p> <p>#FITTERTHANEVER</p>