


Group Fitness

April 2024



Find this schedule in a
two-page printable
version on our website at
fshfc.com



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div style="border: 1px solid black; padding: 5px;"> <p>Note the Beginner Yoga opportunities on the schedule—come get an understanding of what a Yoga class is like!</p>  <p>You'll love it! *Sign up online or just show up!</p> </div>	<p>6:00 BodyPump (1) Sara 8:30 Barre (2) Shana 8:30 BodyStep (1) Alesia 8:30 SPIN 45 (3) Monique 9:00 Aqua BC (P) Jennifer 9:30 Core Fusion 25 (2) Shana 9:30 Core 25 (1) Betsy 10:00 PureMuscle 45(1) Betsy 10:00 Yoga (2) Sheila 10:15 Aqua (P) Jennifer 10:45 GoLow (1) Stephanie 12:00 SPIN RPM (3) Meg 4:30 Cardio Step (1) Shana 5:00 Barre (2) Chelsea 5:30 BodyAttack (1) Shana 6:00 Aqua (P) Kristi 6:15 SPIN 45 (3) Chris O 6:00 Yoga (2) Karen 6:30 BodyPump (1) Katie</p>	<p>6:00 SPRINT (3) Kim 6:00 Uppercut Boxing (1) Philip 8:00 Tone & Balance 45 (2) Elizabeth 8:30 Kickboxing(1) Courtney 9:00 Aqua BC (P) Stephanie 9:00 BodyBalance(2) Chelsea 9:30 BodyAttack (1) Eric 9:30 BodyAttack (1) Sara 9:30 SPRINT (3) Sara 10:15 Barre (2) Sara 10:35 BodyPump(1) Betsy 4:30 BST/ BP 75(1) Whitney 6:00 BodyBalance (2) Kristi 6:45 Cardio Dance (1) Jenna 7:00 Rest. Yoga 45 (2) Karen</p>	<p>6:00 Bootcamp 45 (1) Philip 8:30 Pure Muscle 45 (1) Betsy 9:00 Aqua BC (P) Sara 9:00 Pilates (2) Shana 9:20 CardioStep 45(1) Shana 10:10 Core 30 (1) Shana 10:15 Aqua (P) Sara 10:15 Yoga (2) Karen 10:45 Go Low(1) Shana 12:00 BodyPump 45 (1) Katie 12:00 SPIN (3) Stephanie 4:30 Functional Step (1) Shana 5:30 BodyCombat(1) Ashley 6:00 Aqua (P) Pam 6:00 Yoga (2) Michael 6:15 SPIN(3) Kristina 6:30 BodyPump (1) Alesia</p>	<p>6:00 SPRINT (3) Shana 8:00 Tone & Balance 45(2) Monique 8:30 Functional Step(1) Shana 9:00 BodyBalance (2) Sara 9:00 SPIN 45 (3) Katie 9:30 Bootcamp 45 (1) Eric 10:00 SPRINT (3) Shana 10:15 QiGong (2) Bill/Linda 10:45 BodyPump (1) Suzanna 5:00 Barre (2) Erika 5:30 Uppercut Boxing(1) Philip 6:45 Cardio Dance (1) Jenna</p>	<p>6:00 BodyPump (1) Ashley 8:30 BodyCombat(1) Victoria 8:45 SPIN 45(3) Sara 9:00 Aqua (P) Wendy 9:00 Barre (2) Shana 9:35 BodyPump (1) Betsy 10:00 Jointercize (P) Wendy 10:00 Power Yoga (2) Shana 10:45 Go Low (1) Eric 12:00 SPIN (3) Shana 1:15 Rest. Yoga 45 (2) Jenna 4:45 SPIN 45 (3) Monique 5:30 BodyPump (1) Suzanna</p>	<p>8:00 BodyStep (1) Whitney 8:00 SPIN 45 (3) Kristina 9:00 Aqua BC (P) Erika 9:00 BodyBalance(2) Chelsea 9:05 SPRINT (3) Shannon 9:05 BodyPump (1) Courtney 10:00 Barre (2) Kristi 10:15 BodyAttack 45(1) Ashley 11:00 Yoga (2) Kristi 11:05 Core 30 (1) Ashley</p>
	<p>11:30 BST/BP 90 (1) Courtney 1:00 Restore Yoga (2) Karen 1:00 SPIN (3) Michael 2:00 BodyPump (1) Katie 2:00 BodyBalance (2) Karen</p>	<p>6:00 BodyPump (1) Sara 8:30 Barre (2) Sara 8:30 BodyStep (1) Whitney 8:30 SPIN 45 (3) Shana 9:00 Aqua BC (P) Stephanie 9:30 Core Fusion 25 (2) Sara 9:30 Core 25 (1) Suzanna 10:00 PureMuscle 45(1) Suzanna 10:00 Yoga (2) Wendy 10:15 Aqua (P) Stephanie 10:45 GoLow (1) Shana 12:00 SPIN (3) Chris C 4:30 Cardio Step (1) Shana 5:00 Barre (2) Kristi 5:30 BodyAttack (1) Mikaela 6:00 Aqua (P) Katie 6:15 SPIN 45 (3) Shana 6:00 Yoga (2) Jenna 6:30 BodyPump (1) Ashley</p>	<p>6:00 SPRINT (3) Kim 6:00 Uppercut Boxing (1) Shana 8:00 Tone & Balance 45 (2) Elizabeth 8:30 Kickboxing(1) Shana 9:00 Aqua BC (P) Wendy 9:00 BodyBalance(2) Karen 9:30 BodyAttack (1) Eric 9:30 SPRINT (3) Sara 10:15 Barre (2) Chelsea 10:35 BodyPump(1) Betsy 4:30 BST/ BP 75(1) Alesia 6:00 BodyBalance (2) Kristi 6:45 Cardio Dance (1) Jenna 7:00 Rest. Yoga 45 (2) Karen</p>	<p>6:00 Bootcamp 45 (1) Stephanie 8:30 Pure Muscle 45 (1) Eric 9:00 Aqua BC (P) Katie 9:00 Pilates (2) Karen 9:20 CardioStep 45(1) Shana 10:10 Core 30 (1) Sara 10:15 Aqua (P) Donna 10:15 Yoga (2) Karen 10:45 Go Low(1) Sara/Elizabeth 12:00 BodyPump 45 (1) Ashley 12:00 SPIN RPM (3) Meg 4:30 Functional Step (1) Shana 5:30 BodyCombat(1) Mikaela 6:00 Aqua (P) Erika 6:00 Yoga (2) Alesia 6:15 SPIN RPM(3) Ashley 6:30 BodyPump (1) Shannon</p>	<p>6:00 SPRINT (3) Sara 8:00 Tone & Balance 45(2) Karen K 8:30 BOSU (1) Eric 9:00 BodyBalance (2) Sara 9:00 SPIN 45 (3) Shana 9:30 Bootcamp 45 (1) Suzanna 10:00 SPRINT (3) Mikaela 10:15 QiGong (2) Bill/Linda 10:45 BodyPump (1) Whitney 12:00 Functional Step (1) Shana 5:00 Barre (2) Erika 5:30 Bootcamp (1) Betsy 6:45 Cardio Dance (1) Jenna</p>	<p>6:00 BodyPump (1) Jackie 8:30 Kickboxing(1) Betsy 8:45 SPIN 45(3) Kristi 9:00 Aqua (P) Stephanie 9:00 Aqua BC (P) Jackie 9:00 BodyBalance(2) Chelsea 9:05 SPRINT (3) Sarah 9:05 BodyPump (1) Shana 10:00 Jointercize (P) Kristi 10:00 Power Yoga (2) Michael 10:45 Go Low (1) Katie 12:00 SPIN (3) Sara 1:15 Rest. Yoga 45 (2) Jenna 4:45 SPRINT (3) Kim 5:30 BodyPump (1) Mikaela</p>

(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... BodyStep/BodyPump 90, class is 90 minutes in length)

BST/BP 90 = Combo BodyStep and BodyPump

Indoor Cycling... SPIN Classes will focus on Coach by Color and FTW (Functional Threshold Watt) training Spin-RPM—Les Mills Indoor Cycling Program
SPRINT—Les Mills 30 minute High Intensity Interval Training on the Indoor Cycle

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>11:30 BST/BP 90 (1) 1:00 Yoga (2) 1:00 SPIN (3) 2:00 BodyPump (1) 2:00 BodyBalance (2)</p> <p>14 Jackie Jenna Kari Ashley Meg</p> <p>6:00 BodyPump (1) 8:30 Barre (2) 8:30 BodyStep (1) 8:30 SPIN 45 (3) 9:00 Aqua BC (P) 9:30 Core Fusion 25 (2) 9:30 Core 25 (1) 10:00 PureMuscle 45(1) 10:00 Yoga (2) 10:15 Aqua (P) 10:45 GoLow (1) 12:00 SPIN (3) 4:30 Cardio Step (1) 5:00 Barre (2) 5:30 BodyAttack (1) 6:00 Aqua (P) 6:15 SPIN 45 (3) 6:00 Yoga (2) 6:30 BodyPump (1)</p> <p>11:15 am Beginner Yoga with Shana</p>	<p>15 Katie Chelsea Whitney Monique Pam Chelsea Eric Eric Shana Pam Stephanie Chris C Shana Erika Shana Kristi Chris O Karen Ashley</p> <p>6:00 SPRINT (3) 6:00 Uppercut Boxing (1) 8:00 Tone & Balance 45 (2) 8:30 BodyCombat(1) 9:00 Aqua BC (P) 9:00 BodyBalance(2) 9:30 BodyAttack (1) 9:30 SPRINT (3) 10:15 Barre (2) 10:35 BodyPump(1) 4:30 BST/BP 75(1) 6:00 BodyBalance (2) 6:45 Cardio Dance (1) 7:00 Rest. Yoga 45 (2)</p>	<p>16 Kim Shana Monique Victoria Stephanie Chelsea Eric Eric Shana Ashley Courtney Karen Jenna Karen</p> <p>6:00 Bootcamp 45 (1) 8:30 Pure Muscle 45 (1) 9:00 Aqua BC (P) 9:00 Pilates 45 (2) 9:20 CardioStep 45(1) 10:10 Core 30 (1) 10:15 Aqua (P) 10:15 Yoga (2) 10:45 Go Low(1) 12:00 BodyPump 45 (1) 12:00 SPIN (3) 4:30 Functional Step (1) 5:30 BodyCombat(1) 6:00 Aqua (P) 6:00 Yoga (2) 6:15 SPIN 45(3) 6:30 BodyPump (1)</p>	<p>17 Sara Sara Jennifer Karen Shana Shana Donna Karen Shana/Elizabeth Betsy Katie Shana Ashley Alesia Michael Kari Shannon</p> <p>6:00 SPRINT (3) 8:00 Tone & Balance 45(2) 8:30 Functional Step (1) 9:00 BodyBalance (2) 9:00 SPIN 45 (3) 9:30 Bootcamp 45 (1) 10:00 SPRINT (3) 10:15 QiGong (2) 10:45 BodyPump (1) 5:00 Barre (2) 5:30 Bootcamp 45 (1) 6:45 Cardio Dance (1)</p>	<p>18 Shana Stephanie Shana Karen Sara Betsy Shana Bill/Linda Whitney Kristi Sara Jenna</p> <p>6:00 BodyPump (1) 8:30 Kickboxing (1) 8:45 SPIN 45(3) 9:00 Aqua (P) 9:00 Barre (2) 9:35 BodyPump (1) 10:00 Power Yoga (2) 10:00 Jointercize (P) 10:45 Go Low (1) 12:00 SPIN RPM (3) 1:15 Rest. Yoga 45 (2) 4:45 SPIN RPM (3) 5:30 BodyPump (1)</p>	<p>19 Katie Shana Sara Kristi Chelsea Suzanna Jenna Kristi Mikaela Meg Wendy Ashley Alesia</p> <p>8:00 BodyStep (1) 8:00 SPIN 45 (3) 9:00 Aqua BC (P) 9:00 BodyBalance(2) 9:05 SPRINT (3) 9:05 BodyPump (1) 10:00 Barre (2) 10:15 BodyAttack 45(1) 11:00 Yoga (2) 11:05 Core 30 (1)</p> 	<p>20 LAUNCH Sheila Kari LAUNCH LAUNCH Sara LAUNCH Wendy Shannon</p>
<p>11:30 BST/BP 90 (1) 1:00 Restore Yoga (2) 1:00 SPIN (3) 2:00 BodyPump (1) 2:00 BodyBalance (2)</p> <p>21 Jackie Karen Michael Sheila Karen</p> <p>6:00 BodyPump (1) 8:30 Barre (2) 8:30 BodyStep (1) 8:30 SPIN 45 (3) 9:00 Aqua BC (P) 9:30 Core Fusion 25 (2) 9:30 Core 25 (1) 10:00 PureMuscle 45(1) 10:00 Yoga (2) 10:15 Aqua (P) 10:45 GoLow (1) 12:00 SPIN RPM (3) 4:30 Cardio Step (1) 5:00 Barre (2) 5:30 BodyAttack (1) 6:00 Aqua (P) 6:15 SPIN 45 (3) 6:00 Yoga (2) 6:30 BodyPump (1)</p>	<p>22 Sara Shana Alesia Stephanie Sara Shana Betsy Betsy Shana Jennifer Monique Ashley Shana Kristi Mikaela Erika Kari Kristi Katie</p> <p>6:00 SPRINT (3) 6:00 Uppercut Boxing (1) 8:00 Tone & Balance 45 (2) 8:30 Kickboxing(1) 9:00 Aqua BC (P) 9:00 BodyBalance(2) 9:30 BodyAttack (1) 9:30 SPRINT (3) 10:15 Barre (2) 10:35 BodyPump(1) 4:30 BST/BP 75(1) 6:00 BodyBalance (2) 6:45 Cardio Dance (1) 7:00 Rest. Yoga 45 (2)</p>	<p>23 Kim Shana Elizabeth Shana Jennifer Karen Eric Sara Chelsea Whitney Courtney Jackie Jenna Karen</p> <p>6:00 Bootcamp 45 (1) 8:30 Pure Muscle 45 (1) 9:00 Aqua BC (P) 9:00 Pilates 45 (2) 9:20 CardioStep 45(1) 10:10 Core 30 (1) 10:15 Aqua (P) 10:15 Yoga (2) 10:45 Go Low(1) 12:00 BodyPump 45 (1) 12:00 SPIN RPM (3) 4:30 Functional Step (1) 5:30 BodyCombat(1) 6:00 Aqua (P) 6:00 Yoga (2) 6:15 SPIN 45 (3) 6:30 BodyPump (1)</p> <p>7:00pm Beginner Yoga with Wendy</p>	<p>24 Philip Eric Katie Karen Shana Shana Donna Karen Steph/Elizabeth Sara Meg Shana Jennifer Wendy Michael Courtney</p> <p>6:00 SPRINT (3) 8:00 Tone & Balance 45(2) 8:30 BOSU (1) 9:00 BodyBalance (2) 9:00 SPIN 45 (3) 9:30 Bootcamp 45 (1) 10:00 SPRINT (3) 10:15 QiGong (2) 10:45 BodyPump (1) 12:00 Functional Step(1) 5:00 Barre (2) 5:30 Bootcamp 45 (1) 6:45 Cardio Dance (1)</p> <p>*LAUNCH*</p> <p>*New 12:00 Class</p>	<p>25 Sara Stephanie Betsy Sara Wendy Monique Mikaela Bill/Linda Suzanna Shana Sara Courtney Jenna</p> <p>6:00 BodyPump (1) 8:30 Kickboxing(1) 8:45 SPIN 45(3) 9:00 Aqua (P) 9:00 Barre (2) 9:35 BodyPump (1) 10:00 Power Yoga (2) 10:00 Jointercize (P) 10:45 Go Low (1) 12:00 SPIN (3) 1:15 Rest. Yoga 45 (2) 4:45 SPRINT (3) 5:30 BodyPump (1)</p>	<p>26 Sheila Betsy Monique Stephanie Chelsea Betsy Michael Stephanie Eric Katie Wendy Sarah Ashley</p> <p>8:00 BodyStep (1) 8:00 SPIN RPM 45 (3) 9:00 Aqua BC (P) 9:00 BodyBalance(2) 9:05 SPRINT (3) 9:05 BodyPump (1) 10:00 Barre (2) 10:15 BodyAttack 45(1) 11:00 Yoga (2) 11:05 Core 30 (1)</p> <p>12:15 pm Beginner Yoga with Sheila</p>	<p>27 Jackie Ashley Pam Chelsea Mikaela Suzanna Erika Shannon Sheila Shannon</p>
<p>11:30 BST/BP 90 (1) 1:00 Yoga (2) 1:00 SPIN (3) 2:00 BodyPump (1) 2:00 BodyBalance (2)</p> <p>28 Alesia Michael Chris C Ashley Sheila</p> <p>6:00 BodyPump (1) 8:30 Barre (2) 8:30 BodyStep (1) 8:30 SPIN 45 (3) 9:00 Aqua BC (P) 9:30 Core Fusion 25 (2) 9:30 Core 25 (1) 10:00 PureMuscle 45(1) 10:00 Yoga (2) 10:15 Aqua (P) 10:45 GoLow (1) 12:00 SPIN RPM 45 (3) 4:30 Cardio Step (1) 5:00 Barre (2) 5:30 BodyAttack (1) 6:00 Aqua (P) 6:15 SPIN 45 (3) 6:00 Yoga (2) 6:30 BodyPump (1)</p>	<p>29 Katie Chelsea Whitney Sara Pam Chelsea Eric Eric Jenna Wendy Stephanie Meg TBD Erika Mikaela Jennifer Chris O Kristi Ashley</p> <p>6:00 SPRINT (3) 6:00 Uppercut Boxing (1) 8:00 Tone & Balance 45 (2) 8:30 Kickboxing(1) 9:00 Aqua BC (P) 9:00 BodyBalance(2) 9:30 BodyAttack (1) 9:30 SPRINT (3) 10:15 Barre (2) 10:35 BodyPump(1) 4:30 BST/BP 75(1) 6:00 BodyBalance (2) 6:45 Cardio Dance (1) 7:00 Rest. Yoga 45 (2)</p>	<p>30 Kim Philip Monique Betsy Stephanie Chelsea Eric Sara Sara Ashley Alesia Kristi Jenna Karen</p> <p>6:00 Bootcamp 45 (1) 8:30 Pure Muscle 45 (1) 9:00 Aqua BC (P) 9:00 Pilates 45 (2) 9:20 CardioStep 45(1) 10:10 Core 30 (1) 10:15 Aqua (P) 10:15 Yoga (2) 10:45 Go Low(1) 12:00 BodyPump 45 (1) 12:00 SPIN RPM (3) 4:30 Functional Step (1) 5:30 BodyCombat(1) 6:00 Aqua (P) 6:00 Yoga (2) 6:15 SPIN 45 (3) 6:30 BodyPump (1)</p>	 <p>SPIN & WIN CYCLE '24</p> <p>Participants must attend 12 spin classes in the month of April to be eligible for a prize.</p>	<p>Spin & Win Rules:</p> <ol style="list-style-type: none"> 1) Pick up Punch Card at front desk. 2) Take 12 Spin classes between April 1st - April 30th (Includes all weekend classes). 3) Must get instructor to hole punch your "spin and win card" at the time of the class to be valid. 4) Turn in Punch Card at the end of the contest to the front desk to redeem your prize. 	<p>The Prizes:</p> <p>You're choice of:</p> <ul style="list-style-type: none"> • A FSHFC t-shirt • 3 guest passes • 15% off any day spa service • One 20 minute session on the HydroBed. 	