








Walk-In Fitness Class Schedule –Spring 2017 (effective 4/15/17)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6-7am Power Sculpt MPRL3 (Lora Scott)	8:15am-9:15am Interval Training <i>Recommended for 50+</i> MPRB (Darlene Posey)	6-7am Power Sculpt MPRL3 (Lora Scott)		8:15-9:15am Fit Camp MPRL3 (Stephen Ames)
9:30-10:30am Cardio Kickboxing MPRB (Darlene Posey)	9-10am Body Blast MPRL3 (Aimee Bowersox)	9:30 – 10:30am Cardio Sculpt MPRB (Darlene Posey)	9-10am Body Blast MPRL3 (Aimee Bowersox)	8:15-9:15am MoveFit MPRLB (Stephen Ames)	8:30-9:30am Cardio Stretch & Meditation MPRB (Caroline Stevens)
	10:15-11:15am Gentle Yoga MPRL3 (Kristi Brownlow)		10:15-11:15am Gentle Yoga MPRL3 (Kristi Brownlow)	9:30-10:30am Pilates MPRLB (Lora Scott)	9:30-10:30am Power Sculpt MPRL3 (Lora Scott)
					
4:30-5:30pm Tone it Up! MPRB (Darlene Posey)			4:30-5:30pm Tone it Up! MPRB (Darlene Posey)	<p style="text-align: center;">Stop by the Front Desk to get your Automated Punch Card!</p> <p>Fitness Center Members Per class: \$3 city / \$6 non city 10 class Fitness Pass: \$10 city / \$20 non city 15 class Fitness Pass: \$14 city / \$28 non city 25 class Fitness Pass: \$20 city / \$40 non city</p> <p>Non – Members Per class: \$3 city / \$6 non city 10 class Fitness Pass: \$25 city / \$50 non city 15 class Fitness Pass: \$37 city / \$74 non city 25 class Fitness Pass: \$60 city / \$120 non city</p> <p>Find the latest class schedules & updates on our website: www.cityoffrederick.com</p>	
5-6pm Butt & Gut MPRL3 (Theresa Thomas)	5:15-6pm HIIT MPRB (Stephen Ames)	5-6pm Torso Training MPRB (Theresa Thomas)	5-6pm Awesome Abs/Lethal Legs MPRL3 (Theresa Thomas)		
6-7pm DJ-ercise MPRL3 (Marcia Fortunato)	6-7pm Pilates MPRB (Lora Scott)	6-7pm DJ-ercise MPRL3 (Marcia Fortunato)	6-7pm Resistance Training MPRB (Marcia Fortunato)		
6-7pm Circuit Training MPRB/gym (Theresa Thomas)		6-7pm Cardio Stretch & Meditation MPRB (Caroline Stevens)	6-7pm Circuit Training MPRL3 (Theresa Thomas)		