







Walk-In Fitness Class Schedule –Fall/Winter 2017 (effective 11/1/17-12/31/17)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6-7am City Cycle & Abs* Hall of Fame (Evie Burge)	6am-7am Power Sculpt MPRL3 (Stephen Ames) *only on 11/7 & 11/14	6am-7am Fit Camp MPRL3 (Stephen Ames)		6-7am City Cycle & Abs* Hall of Fame (Kelly Jarvis)	8:15-9:15am Fit Camp MPRL3 (Stephen Ames) 8:30-9:30am Cardio Stretch & Meditation MPRB (Caroline Stevens)
9:15-10:15am 20-20-20 MPRL3 (Darlene Posey)	9-10am Body Blast MPRL3 (Aimee Bowersox)	8:15am-9:15am Interval Training MPRL3 (Darlene Posey) 9:15-10:15am Cardio Sculpt MPL3 (Darlene Posey)	9-10am Body Blast MPRL3 (Aimee Bowersox)	8:15-9:15am Strong & Balanced MPRB (Caroline Stevens)	10:45-11:45am Pilates MPRB (Lora Scott) 
	10:15-11:15am Gentle Yoga MPRL3 (Stacey Brown)	10:15-11:15am Beginner Yoga MPRB (Stacey Brown)	10:15-11:15am Flow 1/ 2 Yoga MPRL3 (Kristi Brownlow)	9:30-10:30am City Cycle & Abs* Hall of Fame (Evie Burge)	
12-12:45pm City Cycle* Lunchtime Express Hall of Fame (Kelly Jarvis)					
4:15-5pm Tone it Up! MPRB (Darlene Posey)			4:15-5pm Tone it Up! MPRB (Darlene Posey)	<p>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 Bottoms Up/Abs Down MPRB (Theresa Thomas)	5:15-6pm City Cycle Hall of Fame (Dave Handy)	5-6pm Torso Training MPRB (Theresa Thomas)	5-6pm Awesome Abs/Lethal Legs MPRB (Theresa Thomas)		
6-7pm Flow 1/ 2 Yoga Hall of Fame (Stacey Brown)	6-7pm Pilates MPRB (Lora Scott)	6-7pm DJ-ercise MPRL3 (Marcia Fortunato)	6-7pm Resistance Training MPRB (Marcia Fortunato)		
6-7pm Body Thrive MPRB/gym (Theresa Thomas)		6-7pm Cardio Stretch & Meditation MPRB (Caroline Stevens)	6-7pm Body Blast MPRL3 (Theresa Thomas)		
6-7pm DJ-ercise MPRL3 (Marcia Fortunato)					