







# Walk-In Fitness Class Schedule –Summer 2017 (effective 7/15/17)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6-7am <b>Power Sculpt</b> MPRL3 (Lora Scott)	6am-7am <b>Fit Camp</b> MPRB (Stephen Ames)	6-7am <b>Power Sculpt</b> MPRL3 (Lora Scott)		8:15-9:15am <b>Fit Camp</b> MPRL3 (Stephen Ames)
9:30-10:30am <b>20-20-20</b> MPRB (Darlene Posey)	9-10am <b>Body Blast</b> MPRB (Aimee Bowersox)	8:15am-9:15am <b>Interval Training</b> <i>Recommended for 50+</i> MPRB (Darlene Posey)	9-10am <b>Body Blast</b> MPRB (Aimee Bowersox)	8:15-9:15am <b>Strong &amp; Balanced</b> MPRB (Caroline Stevens)	8:30-9:30am <b>Cardio Stretch &amp; Meditation</b> MPRB (Caroline Stevens)
	10:15-11:15am <b>Gentle Yoga</b> MPRB (Stacey Brown)	9:15-10:15am <b>Cardio Sculpt</b> MPRB (Darlene Posey)	10:15-11:15am <b>Flow 1/ 2</b> MPRB (Kristi Brownlow)		9:30-10:30am <b>Power Sculpt</b> MPRL3 (Lora Scott)
		10:30-11:30am <b>Beginner Yoga</b> MPRB (Stacey Brown)			10:45-11:45am <b>Pilates</b> MPRB (Lora Scott)
4:15-5pm <b>Tone it Up!</b> MPRB (Darlene Posey)			4:15-5pm <b>Tone it Up!</b> MPRB (Darlene Posey)	<p><b>Stop by the Front Desk to get your Automated Punch Card!</b></p> <p><b>Fitness Center Members</b> 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><b>Non – Members</b> 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 &amp; updates on our website: <a href="http://www.cityoffrederick.com">www.cityoffrederick.com</a></p>	
5-6pm <b>Butt &amp; Gut</b> MPRB (Theresa Thomas)	5:15-6pm <b>HIIT</b> MPRB (Stephen Ames)	5-6pm <b>Torso Training</b> MPRB (Theresa Thomas)	5-6pm <b>Awesome Abs/Lethal Legs</b> MPRB (Theresa Thomas)		
6-7pm <b>DJ-ercise</b> MPRL3 (Marcia Fortunato)	6-7pm <b>Pilates</b> MPRB (Lora Scott)	6-7pm <b>DJ-ercise</b> MPRL3 (Marcia Fortunato)	6-7pm <b>Resistance Training</b> MPRB (Marcia Fortunato)		
6-7pm <b>Circuit Training</b> MPRB/gym (Theresa Thomas)		6-7pm <b>Cardio Stretch &amp; Meditation</b> MPRB (Caroline Stevens)	6-7pm <b>Circuit Training</b> MPRL3 (Theresa Thomas)		

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