






Walk-In Fitness Class Schedule – Fall 2018 (effective 9/1/18)

-Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6-7am City Cycle & Abs* Hall of Fame (Kelly Jarvis)	6am-7am Power Sculpt MPRL3 (Lora Scott)	6-7am City Cycle & Abs* Hall of Fame (Kelly Jarvis)	6am-7am Power Sculpt MPRL3 (Lora Scott)	6-7am City Cycle & Abs* Hall of Fame (Evie Burge)	8:15-9:15am Fit Camp MPRL3 (Stephen Ames)
9:15-10:15am 20-20-20 MPRL3 (Darlene Posey)		8:15am-9:15am Interval Training MPRL3 (Darlene Posey)			8:15-9:15am City Cycle & Abs* Hall of Fame (Sandra Troutman)
		9:15-10:15am Cardio Sculpt MPL3 (Darlene Posey)			8:30-9:30am Gentle Flow Yoga MPRB (Caroline Stevens)
9:30-10:30am City Cycle & Abs* Hall of Fame (Evie Burge)	10:15-11:15am Gentle Yoga MPRL3 (Stacey Brown)	10:15-11:15am Beginner Yoga MPRB (Stacey Brown)	11:15am-12:15pm Flow 1/ 2 Yoga MPRB (Kristi Brownlow)	9:30-10:30am City Cycle & Abs* Hall of Fame (Kim Colvard)	9:30-10:30am Power Sculpt MPRL3 (Lora Scott)
					10:45-11:45am Pilates MPRB (Lora Scott)
4:15-5:15pm Tone it Up! MPRB (Darlene Posey)			4:15-5:15pm Tone it Up! MPRB (Darlene Posey)	<div style="text-align: center;"> <h3>Stop by the Front Desk to get your Automated Punch Card!</h3> <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> <p>*We recommend that you sign up in advance for all cycle classes. Call 301-600-1450 to sign up</p> </div>	
5-6pm Bottoms Up/Abs Down MPRL3 (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 MPRL3 (Theresa Thomas)		
6-7pm Gentle Flow Yoga Hall of Fame (Stacey Brown)	6-7pm Pilates MPRL3 (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 Mixed Level Flow Yoga MPRB (Caroline Stevens)	6-7pm Body Blast MPRL3 (Theresa Thomas)		
6-7pm DJ-ercise MPRL3 (Marcia Fortunato)			7:30-8:30pm 3,2,1 Burnout MPRB (Sandra Troutman)		