Group Fitness Schedule - (574) 299-3482 - sbvpa.org

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		5:30-6:30 am Yoga Annette		8:30-9:15 am Pilates/Barre Lori	7:30-8:30 am Cycling Melissa	
9:00-10:00 am Body Toning Missy	9:30-10:30 am *Ruby's Aerobics Ruby	9:00-10:00 am Body Toning Missy	9:30-10:30 am *Ruby's Aerobics Ruby		8:45-9:45 am Cardio Pump Ashley	
10:15– 11:00 am Pilates Lori	9:30-10:30 am Cycling Lori		9:30-10:30 am Cycling Lori	9:30-10:30 am Cycling Lori	10:00-10:45 am Rockin' Cardio Jenni	
1:00-1:45 pm **55+ Aerobics Ruby @Pinhook	10:40-11:25 am **55+ Aerobics Ruby	1:00-1:45 pm **55+ Aerobics Ruby @Pinhook	10:40-11:25 am ** 55+ Aerobics Ruby			
4:00-5:00 pm Core Yoga Diane	4:30-5:00 pm Cardio Mix Lori	5:30-6:30 pm Cardio Pump Ashley	4:30-5:00 pm Cardio Mix Lori	4:00-5:00 pm Core Yoga Diane	Members: $3/45-60 min. class $1.50/30 min. class $20 mo unlimited	
5:30-6:30 pm Cardio Pump Ashley	5:05-5:35 pm Body Toning Lori	5:30-6:20 pm Cardio Drumming Jess	5:05-5:35 pm Body Toning Lori		Non-members: $5/45-60 min. class $2.50/30 min. class	
5:30-6:30 pm Cycling Melissa	5:40-6:40 pm Kettlebells Allison/Matt	5:30-6:30 pm Cycling Lynda	5:40-6:40 pm Kettlebells Allison/Matt		Non Members: 10 passes for $40 20 passes for $75	(updated 9/9/19)
6:45-7:30 pm Hip Hop Dance Jess	5:45-6:30 pm Pilates Lori	6:30-7:20 pm Rockin' Cardio Jenni	5:45-6:30 pm Pilates Lori	(*session classes) (**free class through St. Joe Regional Medical Center)		
7:45-8:30 pm Pound Michelle	6:45-7:45 pm *Middle Eastern Dance Ruby					

O'BRIEN FITNESS CENTER

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