



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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:15-6:15 am Cardio Strength & Training Ashley	5:30-6:30 am Yoga Annette	5:15-6:15 am Cardio Strength & Training Ashley		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	8:30-9:15 am Pilates/Barre Lori	8:45-9:45 am Cardio Pump Ashley	
10:15- 11:00 am Pilates Lori	9:30-10:30 am Interval Spinning Lori	10:15-11:15 am Core Yoga Diane	9:30-10:30 am Interval Spinning Lori	9:30-10:30 am Interval Spinning Lori	10:00-10:45 am Rockin' Cardio Jenni	
1:00-1:45 pm **55+ Aerobics Ruby @Howard Park	10:40-11:25 am **55+ Aerobics Ruby	1:00-1:45 pm **55+ Aerobics Ruby @Howard Park	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 Barre Pilates 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: \$7/45-60 min. class \$3.50/30 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 \$55 20 passes for \$100	(updated 1/2/20)
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						

