












PTO Fitness Center Group Exercise Schedule

WEST STUDIO					Effective June 11, 2018				
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
7 – 7:45am CORE & MOBILITY Devon		7 – 7:45am STRENGTH INTERVAL Cyndi		7 – 7:45am  Cyndi		7 – 7:45am BOOT CAMP Adrian		7 – 7:55am FLOW YOGA Sonya	
				9 – 10:30am BRAZILIAN JIU-JITSU Raj					
11 – 11:55am  Dolcie		11 – 11:55am FLOW YOGA Patricia		11 – 11:55am  Ida		11 – 11:55am HATHA YOGA Matthew		11 – 11:55am  Crystal	
12 – 12:25pm ABS Mindy		12 – 12:25pm ABS Patricia		12 – 12:25pm ABS Grace		12 – 12:25pm ABS Katie		12 – 12:25pm ABS Adrian	
12:30 – 1:25pm SPORTS YOGA Emily		12:30 – 1:30pm  Allison J.		12:30 – 1:15pm CARDIO KICKBOXING Grace		12:30 – 1:30pm  Patricia		12:30 – 1:15pm BOOT CAMP Adrian	
1:30 – 2:15pm INSANITY Crystal				2 – 2:55pm STRETCH, BREATHE, RELAX Catha					
3:30 – 4:30pm SLOW FLOW YOGA Catha		4 – 4:55pm  Mindy				4 – 4:55pm  Allison R.		4:00 – 5:30pm BRAZILIAN JIU-JITSU Mando	
5 – 6pm  Grace		5 – 5:55pm CARDIO KICKBOXING Laura		5 – 6pm  Patricia		5 – 5:55pm  Christle		Small Group Training Now available. Please see front desk for more information or contact Devon Grassi.	
6:05 – 6:35pm  Grace		6 – 6:30pm HIIT Laura		6:05 – 7:05pm TAI CHI Riley		6 – 6:30pm HIIT Christle			
EAST STUDIO					Effective JUNE 11, 2018				
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				7 – 7:55am CYCLE EXPRESS & ABS El – Mehdi					
		11 – 11:30am Get Moving! TAI CHI Riley				11 – 11:30am Get Moving! TAI CHI Riley		11-11:30am Get Moving! FOAM ROLL Bill	
12:30 – 1:15pm STEP Mindy		12:30 – 1:15pm CYCLE EXPRESS Megan H.		12:30 – 1pm Get Moving! CHAIR EXERCISE Devon / Bill		12:30 – 1:15pm CYCLE EXPRESS El-Mehdi		12:30 – 1pm Get Moving: BARRE BASICS ProFit Staff	
4 – 4:55pm LATIN DANCE FUNDAMENTALS Migle		4 – 4:45pm CYCLE EXPRESS El-Mehdi				4 – 4:45pm CYCLE EXPRESS Heather D.		Get Moving! Foundation group training in 30 minute classes: TAI CHI BARRE FOAM ROLLING CHAIR EXERCISE	
5 – 5:55pm  Migle		5 – 5:55pm POWER YOGA Colleen		5 – 6pm freedom Barre* Evie		5 – 5:55pm FLOW YOGA Emily			
Visit our website for class descriptions. www.ptofitness.org Contact mgreen@pro-fitclubs.com				6:05 – 6:30pm FOAMROLL & STRETCH Patricia					