

PTO Fitness Center Group Exercise Schedule

WEST STUDIO				Effective November 5, 2018
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	7 – 7:45am STRENGTH INTERVAL Cyndi	7 – 7:45am  Cyndi		7 – 7:55am FLOW YOGA Cyndi
		9 – 10:30am BRAZILIAN JIU-JITSU Raj		
	11 – 11:55am FLOW YOGA Patricia		11 – 11:55am FLOW YOGA Ashley	11 – 11:55am  Crystal
12 – 12:25pm ABS Mindy	12 – 12:25pm ABS Patricia	12 – 12:25pm ABS Brittanie	12 – 12:25pm ABS Katie	12 – 12:25pm ABS Adrian
12:30 – 1:25pm SPORTS YOGA Emily	12:30 – 1:30pm  Mary Jo	12:30 – 1pm HIIT Brittanie	12:30 – 1:30pm  Patricia	12:30 – 1:15pm BOOT CAMP Adrian
		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  Jeff	5 – 5:55pm CARDIO KICKBOXING Laura	5 – 6pm  Patricia	5 – 5:55pm CARDIO KICKBOXING Laura	Small Group Training Now available. Please see front desk for more information or contact Devon Grassi.
	6 – 6:30pm HIIT Laura	6:05 – 7:05pm TAI CHI Riley		
EAST STUDIO				Effective November 5, 2018
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
\$ CrossFit Group Training \$ (Fitness Floor) 9:15-10am Adrian	11 – 11:30am Get Moving! TAI CHI Riley	\$ TRX Group Training \$ (TRX A-Frame) 7 – 7:50am Mark	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! FOAM ROLL Bill	12:30 – 1:15pm CYCLE EXPRESS Megan H.	Small Group Training \$ indicates fee for class Please see front desk for more information or contact Devon Grassi. dgrassi@pro-fitclubs.com
	\$ Group Training \$ Optimal Performance 1:30 – 2:00pm Adrian	\$ Group Training \$ Agility & Met Con 2 – 2:30pm Devon		
4 – 4:55pm LATIN DANCE FUNDAMENTALS Migle	4 – 4:45pm CYCLE EXPRESS Megan H.	\$ Group Training \$ 4-4:55pm  Michael	4 – 4:45pm CYCLE EXPRESS Heather D.	Get Moving! Foundation group training in 30 minute classes: TAI CHI FOAM ROLLING
5 – 5:55pm  Migle	5 – 5:55pm POWER YOGA Colleen	5 – 6pm freedom Barre® Evie	5 – 5:55pm FLOW YOGA Kevin	
Visit our website for class descriptions. www.ptofitness.org Contact mgreen@pro-fitclubs.com				