












PTO Fitness Center Group Exercise Schedule

WEST STUDIO				Effective September 4, 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 Cyndi
		9 – 10:30am BRAZILIAN JIU-JITSU Raj		
	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 Brittanie	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 – 1pm HIIT Brittanie	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  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.
6:05 – 6:35pm  Jeff	6 – 6:30pm HIIT Laura	6:05 – 7:05pm TAI CHI Riley	6 – 6:30pm HIIT Laura	
EAST STUDIO				Effective September 4, 2018
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		7 – 7:55am CYCLE EXPRESS & ABS Dolcie		
	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! FOAM ROLL Bill	12:30 – 1:15pm CYCLE EXPRESS Megan H.	
4 – 4:55pm LATIN DANCE FUNDAMENTALS Migle	4-4:45pm CYCLE EXPRESS Megan H.		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				