













PTO Fitness Center Group Exercise Schedule

WEST STUDIO				Effective November 1, 2019
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	7 – 7:45am STRENGTH INTERVAL Cyndi	7 – 7:45am  Cyndi		7 – 7:55am FLOW YOGA Jo
		9 – 10:30am BRAZILIAN JIU-JITSU Raj		
	11 – 11:55am  Patricia		11 – 11:55am FLOW YOGA Ashley	11 – 11:55am  Crystal
12 – 12:25pm ABS Bill	12 – 12:25pm ABS Patricia	12 – 12:25pm ABS Crystal	12 – 12:25pm ABS Katie	12 – 12:25pm ABS Adrian
12:30 – 1:25pm SPORTS YOGA Ashley	12:30 – 1:30pm  Patricia	12:30 – 1pm HIIT Crystal	12:30 – 1:30pm  Walter	12:30 – 1:15pm BOOT CAMP Adrian
		2 – 3:15pm STRETCH, BREATHE, RELAX Catha		
3:30 – 4:45pm SLOW FLOW YOGA Catha	4 – 4:55pm  Meg / Evie / Ed		4 – 4:55pm  Cyndi	4 – 5:30pm BRAZILIAN JIU-JITSU Al
5 – 6pm  Jeff	5 – 5:55pm CARDIO KICKBOXING Laura	5 – 6pm  Patricia	5 – 5:55pm CARDIO KICKBOXING Christle	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 1, 2019
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			\$ TAI CHI \$ 11 – 11:30am Riley	
\$ ATHLETIC CONDITIONING \$ (Fitness Floor) 9:45-10:30am Adrian	12:30 – 1:15pm CYCLE EXPRESS Megan H.	12 – 12:55pm  Barre® Evie	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
12:30 – 1:15pm STEP Mindy	\$ OPTIMAL PERFORMANCE \$ 1:30 – 2:00pm Adrian			
4 – 4:55pm LATIN DANCE FUNDAMENTALS Migle	4 – 4:45pm CYCLE EXPRESS Megan H.	\$ DANCESPORT ENDURANCE \$ 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 FLOW YOGA Heather I.		5 – 5:55pm FLOW YOGA Ashley	
Visit our website for class descriptions. www.ptofitness.org Contact mgreen@pro-fitclubs.com				