



































PTO Fitness Center Group Exercise Schedule

WEST STUDIO				Effective March 1, 2020
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 Jamaal 	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 / Ed / Dolcie 		4 – 4:55pm  Allison 	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 March 1, 2020
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 freedom 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. 	 indicates beginner-friendly classes!
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				