



# PURSUIT FITNESS

## SMOKEY POINT GROUP CLASS SCHEDULE

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Yoga	10:30AM GENTLE YOGA SHERIDAN		10:30AM STRETCH&FLOW LYNN 5:00PM GENTLE YOGA NICOLE		10:30AM GENTLE YOGA SHERIDAN		
Strength		9:30AM PUMP IT LYNN  5:00PM PUMP IT NIKKI	5:15AM RISE AND SHINE SANDY	9:30AM PUMP IT LYNN  5:00PM PUMP IT NIKKI	5:15AM RISE AND SHINE SANDY  5:30 PM TOTAL CIRCUIT HOLLY	9AM YOGA/PILATES KRISSY	
Dance	9:30AM ZUMBA MOLLY  6:00PM ZUMBA MOLLY	6:00PM HIGH FITNESS AMANDA	6:00PM TURN UP NICOLE	6:00PM UPBEAT BARRE AMANDA	9:30AM ZUMBA MOLLY	10:00AM WERQ KRISSY	
Spin	9:30AM LYNN  5:15PM HOLLY	5:15AM RENEE	9:30AM LYNN  5:15PM HOLLY	5:15AM RENEE		8:00AM SPIN ROTATING INSTRUCTOR	
Senior Fit		10:30 LYNN		10:30 LYNN			