

# Group Fitness Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Not Staffed</b>						
<p><i>Classes that are held outside FFW staffed hours are for FFW Members Only. Other entry will result in trespassing charges.</i></p> <p>1pm: Strong Nation/KK</p> <p>2pm: CIRCLMobility/KK</p>	5:30am : Spinning/MA	5:30am : BodyPump/KK		5:30am : BodyPump/KK		
	8:15am : Spinning/MT		5:30am : Spinning/MA	8:15am : BodyPump/MT	5:30am : Spinning/KS/KK	7am : Spinning/KH
	8:30am : TRX/HS	8:15am : BodyPump/MT	8:15am : Spinning/MT	10:00am: PiYo/CD	8:15am : Spinning/KS	8am : BodyPump/TP/KK
	10:30am: SS*Stretch/Strength/SJ	9:30am: CIRCL Mobility	8:30am: TRX/HS	10:30am: SS*Classic/DC		
		10:00am: PiYo/CD	10:30am:SS*yoga/CD	12:30pm:SS*Classic/SJ		
		10:30am: SS*Classic/DC	12pm:ZumbaQuick Burn/JP	5:30pm:Spinning/WR	10:30am: SS*Classic/DC	
		12:30pm: SS*Classic/SJ				
	5:30pm : Spinning/KS	5:15pm: Zumba/JP (45 min)	5:30pm : Spinning/SB	5:30pm:Strong Nation/KK	4:30pm: Kickboxing/CD	
	6:00pm: Zumba/BP		7:00pm: KickFit/TL			
	7:00pm: KickFit/TL	5:30pm:BodyPump/TP/CP		6:30pm: <b>ThickFitBounce*</b> (not included in FFW membership)		

STUDIO 1 (2nd Floor)	
KickFit(Tuesdays)	PiYo
Zumba (ALL)	CIRCL Mobility (Sun)
	Kickboxing ThickFitBounce*



FUNCTIONAL TRAINING STUDIO	
BodyPump	HIIT
TRX	KickFit
	CIRCL Mobility (Tues) Silver Sneakers

### Group Fitness Instructors:

Chris Pegg / Dave Caldwell / Heather Dils Steneman / Jewell Pyle/ Kate Schamel  
 Kay Koger / Kim Smith / Mike Allen / Mike Talbot  
 Sandy Jeffers / Stephanie Baker / Tiffany Philbeck  
 Cindy Doner / Colton Davis /Steve Rankin/Whitney Robertson/Brandi Pardo

## Functional Fitness Works

- Adults  
- Kids (6-9)  
- Pre-Teens (10-12)

*constantly varied functional movements at a high intensity*

**functionalfitnessworks.com**

## PERSONAL TRAINING

Set up your **FREE** personal training consultation TODAY!

*...see front desk for details*

- Many different training packages available
- Nutrition Education & Meal Planning

**Certified Trainers:**  
 Kate Schamel, Kim Smith & Doug Auman

Real Gym. Real Weights. Real People.  
Real Community.

Sunday: NOT STAFFED  
 Monday: 8am - 7pm  
 Tuesday: 8am - 7pm  
 Wednesday: 8am - 7pm  
 Thursday: 8am - 7pm  
 Friday: 8am - 6pm  
 Saturday: 8am - 11am

**213 North 3rd Street, Richmond IN 47374**  
**765.935.9191**

## warehouse cafe

**Mon-Fri: 7am-2pm**  
**765.935.4645**

- Sandwiches & Wraps
- Smoothies
- (Non-Fat Yogurt Options)
- Coffees & Teas
- Vegan & Vegetarian Options
- Homemade Protein Bars
- Salads & MORE

\*ThickFit Bounce & Fitness Class *not* included with membership.

