



FIFT CAS WORKS	eal Cym. Real Weights. Real People. Real Community.			1955	ELLE C	
www.familyfitnessworks.com			f familyfitr	nessworks	familyfitnessworks_ffw	
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Not Staffed						

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

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

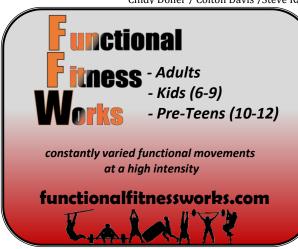


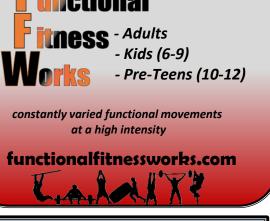
FUNCTIONAL TRAINING STUDIO						
BodyPump	1	HIIT				
TRX	CIRCL Mobility (Tues) Silver Sneakers	KickFit				

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









Kate Schamel, Kim Smith & **Doug Auman**



warehouse ······•

Mon-Fri: 7am-2pm 765.935.4645

- Sandwiches & Wraps

- Smoothies

(Non-Fat Yogurt Options)

- Coffees & Teas

- Vegan & Vegetarian Options

- Homemade Protein Bars

- Salads & MORE