

GROUP FITNESS DECEMBER 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
THE RP RIDE 5:45 a.m. SOFIA	YOGA 7:30 a.m. MARGARET	THE RP RIDE 5:45 a.m. SOFIA		THE RP RIDE 5:45 a.m. DAVID	
PEDAL AND PUMP 8:30 a.m. ERIN	HIIT/SHRED 8:30 a.m. JEN	LIFT 8:30 a.m. JEN		YOGA 8:30 a.m. MARGARET	TEAM TRAINING 8:00 / 9:00 a.m. BRAD
CARDIO AND STRENGTH 8:30 a.m. JACKIE	THE RP RIDE 8:30 a.m. SOFIA	DUMBBELL CONDITIONING 9:30 a.m. BRAD	POWER SCULPT 9:30 a.m. NATASHA	BALLET BARRE 9:30 a.m. SHEILA	RP RIDE 9:00 a.m. SOFIA
YOGA SCULPT 9:30 a.m. SARA	POWER SCULPT 9:30 a.m. NATASHA	YOGA/PILATES FUSION 10:30 a.m. SARA	PEDAL AND PUMP 9:30 a.m. ERIN	PEDAL AND PUMP 9:30 a.m. JACKIE	BEGINNER YOGA 10:00 a.m. SARA
	PEDAL AND PUMP 9:30 a.m. ERIN		YOGA 10:30 a.m. SARA	CORE CHALLENGE 10:30 a.m. JACKIE	ADVANCED YOGA 11:00 a.m. SARA
TNT 4:45 p.m. BRANDY	ZUMBA 10:30 a.m. SHEILA	TNT 4:45 p.m. BRANDY	BALANCE AND STRENGTH 55+ 11:00 a.m. BRANDY		
THE RP RIDE 6:00 p.m. JACKIE	YOGA FOR GOLFERS 5:00 p.m. SARA				

Fitness Hours:

Monday-Friday 5:45am-9:00pm
Saturday & Sunday 6:30am-9:00pm

Director of Fitness

Brad Patridge
Brad@forwardmotiontx.com
512-346-1114 ext. 3911

Holiday Hours

Sunday, December 24 Close at Noon
Monday, December 25 Closed
Sunday, December 31 Close at 3pm
Monday, January 1 Closed

Happy Holidays!