Effective Date:
August 1, 2017

Group Fitness Schedule

Effective Date:
August. 1, 2017

8022 State Rte 12
Barneveld, NY 13304
315.896.2330
www.tbf12.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 am SPINNING Tim		5:30 am SPINNING Tim		5:30 am SPINNING Tim	8:00 am POUND Kayla
					8:30 am SPINNING Mary Ellen
9:00 am ZUMBA Lacey		9:00 am ZUMBA Lacey		9:00 am ZUMBA Lacey	
10:30 am Fit For Life Carol		10:30 am Fit For Life Carol		10:30 am Fit For Life Carol	
					Sunday
5:00 pm CSI Vicki		5:00 pm ZUMBA Travese	5:00 pm POUND Kayla		8:00 am TRX FUNctional Training*
6:00 pm YOGILATES Vicki	5:30 pm TRX FUNctional Training*		5:30 pm TRX FUNctional Training*		
	6:00 pm CORE CYCLE Angie		6:00 pm Total Body Fusion Angie		
					*FEE BASED CLASS

Mind/Body **Active Adults** **Cardio Focus** **Strength Focus** **Dance Based**

5HVHUYHD6SLQ%LNHXSWRKRXUVLQDGYDQFHIRUMXVW
Limited number of bikes available for reservations