

Group Fitness Schedule
Effective Sunday, Dec 1st
DECEMBER 2019



4304 E. State Street
Rockford, IL 61108
815-398-7300

MONDAY		
5:00-6:00am	BodyPump	Shannon
5:45-6:45am	RPM	Susan
6:00-6:30am	CXWORX	Shannon
7:30-8:30am	Forever Fit	Jesus
8:30-9:30am	RPM	Ro
8:30-9:30am	BodyCombat	Jen
9:35-10:35am	BodyPump	Sheila
10:40-11:40am	BodyFlow	Sheila
4:30-5:30pm	BodyCombat	Erika
5:35-6:35pm	BodyPump	Erika
6:45-7:45pm	Zumba	Dana / Jori

THURSDAY		
5:00-6:00am	BodyCombat	Lisa
5:45-6:45am	RPM	Susan
7:30-8:30am	BodyFlow	Sheila
8:30-9:30am	BodyCombat	Jen
9:35-10:35am	BodyPump	Sheila
10:40-11:40am	Yoga	Tami
4:30-5:30pm	BodyPump	Erika
5:30-6:30pm	BodyCombat	Erika
5:30-6:30pm	RPM	Tom
6:35-7:35pm	BodyFlow	Susan

TUESDAY		
5:00-6:00am	BodyCombat	Lisa
5:45-6:30am	RPM	Susan
7:30-8:30am	Yoga	Sheila
8:30-9:30am	BodyCombat	Wendy
8:35-9:35am	Spin	Heather
9:35-10:35am	BodyFlow	Sheila
12:10-12:40pm	CXWORX	Amber
5:30-6:30pm	BodyCombat	Jen
5:35-6:35pm	RPM	Tom / Sarah W
6:35-7:35pm	BodyFlow	Allisha W

FRIDAY		
5:00-6:00am	BodyPump	Lisa
6:00-6:30am	CXWORX	Lisa
7:30-8:30am	Forever Fit	Beccy
8:30-9:30am	Spin	Beccy
8:35-9:35am	BodyPump	Wendy
9:40-10:40am	BodyFlow	Wendy

WEDNESDAY		
5:00-6:00am	BodyPump	Shannon
6:00-6:30am	CXWORX	Shannon
7:30-8:30am	Forever Fit	Peggy
8:30-9:30am	RPM	Ro
8:35-9:35am	BodyPump	Wendy
9:40-10:40am	BodyFlow	Wendy
5:30-6:30pm	BodyPump	Erika/Michael
5:30-6:30pm	RPM	Sarah W.
6:45-7:45pm	Zumba	Jori

SATURDAY		
8:00-9:00am	BodyPump	Alt.Instructor
8:00-9:00am	RPM	Alt.Instructor
9:05-9:35am	CXWORX	Alt.Instructor
9:40-10:40am	BodyCombat	Alt.Instructor
10:45-11:45am	BodyFlow	Alt.Instructor

SUNDAY		
7:00-7:55am	BodyFlow	Susan
8:00-9:00am	BodyPump	Vic
8:00-9:00am	RPM	Susan
9:05-9:35am	CXWORX	Vic
9:40-10:40am	BodyCombat	Vic
10:45-11:45am	BodyFlow	Alt.Instructor

Classes and instructors subject to change



Kids Zone Hours
Monday - Friday 8:00am to 8:00pm
Saturday 8:00am to 2:00pm