

EDGEWATER FITNESS

| Mon. | Tues. | Wed. | Thurs. | Fri. | Sat. | Sun. |
|---|---|---|---|---|--|---|
| Group Fitness Schedule | | | | | | |
| 5:30 am - 60 min. CYCLE Ellen | 5:15 am - 45 min. INSANITY | 5:30 am - 60 min. CYCLE Mo | 5:30 am - 60 min. CYCLE Jessica | 5:15 am - 45 min. INSANITY | 7:15 am - 45 min. TREADMILL A PERFECT FIT Ellen | 7:15 am - 45 min. CYCLE Sandy |
| 8:30 am - 60 min. resist-a-ball Suzy | 6:00 am - 60 min. LES MILLS BODYPUMP Theresa | 8:15 AM Kettlebells Jeff | 5:45 am - 60 min. Sunrise Yoga Laura | 6:00 am - 60 min. LES MILLS BODYPUMP Megan | 8:00 am - 60 min. CYCLE Jessica | 8:00 am - 60 min. LES MILLS BODYPUMP Megan |
| 9:30 am - 45 min. ZUMBA toning Linda | 8:30 am - 60 min. Yoga All Levels Di | 8:30 am - 60 min. Step Kelly | 8:15 am - 45 min. CYCLE Jeff | 8:15 am - 45 min. PIYO Strength Kelly | 8:15 am - 60 min. Bootcamp Steve | 9:00 am - 60 min. Floor Barre Terry |
| 10:30 am - 60 min. Floor Barre Terry | 9:35 am - 60 min. LES MILLS BODYPUMP James | 9:30 am - 60 min. Yin Yoga Mary Jane | 8:30 am - 60 min. Power Yoga Becki | 9:00 am - 60 min. Cardio Sculpt Maria | 9:15 am - 60 min. CYCLE Mo | 10:00 am - 60 min. Yoga NEW! Susan |
| Noon - 60 min Cycleates Jeanine | 9:30 am - 60 min. CYCLE Megan | 11:00 am - 60 min. PiYo Kelly | 8:30 am - 60 min. Tread & Sculpt Suzy | 10:00 - 60 min. Yoga Mary Jane | 9:30 am - 60 min. ZUMBA FINEST Terry | |
| 4:30 pm - 60 min. ZUMBA FINEST Edgar | 11:30 am - 60 min Tai Chi FIT Thisbe | 4:30 pm - 60 min. ZUMBA FINEST Snelley | 9:30 am - 60 min. LES MILLS BODYPUMP Megan | 5:00 pm - 60 min. Happy Hour Yoga Aimee | 10:30 am - 60 min. Vinyasa Flow Yoga Rebecca | |
| 5:30 pm - 60 min. Kettlebell Workshop Steve | 4:30 pm - 60 min. Yoga Aimee | 5:00 pm - 60 min. CYCLE Mo | 10:30 am - 60 min. NEW! CORE OF FORCE Ron | 5:00 pm - 60 min. Xtreme Kettlebells Jeff | Hours Mon-Friday 5am-10pm Saturday 7am-7pm Sunday 7am-5pm Childcare Hours: Weekday Mornings 8am-1pm Weekday Evenings 4pm-8pm Weekends 8am-1pm 410-956-9392 Check the Web site for Events Visit www.edgewaterfit.com 5 Mayo Road, Edgewater, MD 21037 | |
| 5:30 pm - 60 min. CYCLE Sandy/Megan | 5:30 pm - 50 min. LES MILLS BODYPUMP James | 5:45 pm - 45 min. Barre Express Maureen | 5:00 pm - 30 min. 30 min. HITT NEW! | | | |
| 5:30 pm - 60 min. Cardio & Sculpt Jessica | 5:30 pm - 60 min. Bootcamp Steve | 5:30 pm - 45 min. TREADMILL A PERFECT FIT Ellen | 5:30 pm - 60 min. Barre to Bike Jeanine | | | |
| 6:30 pm - 60 min. LES MILLS BODYPUMP Sandy | 5:30 pm - 60 min. CYCLE Susan | 6:30 pm - 60 min. LES MILLS BODYPUMP Theresa | 5:30 pm - 60 min. Bootcamp Steve | | | |
| | 6:30 pm - 60 min. ZUMBA FINEST Terry | | 6:00 pm - 60 min. ZUMBA FINEST Edgar | | | |
| | 7:30 pm - 60 min. NEW! Floor Barre Maureen | | 7:00 pm - 60 min. Yoga Works Aimee | | | |