

# EDGEWATER FITNESS

| Mon.   | Tues.   | Wed.  | Thurs.   | Fri.  | Sat.   | Sun.  |
|--|---|---|--|---|--|---|
| Group Fitness Schedule                                     |   |   |  |   |  |   |
| 5:30 am - 60 min.<br><b>SPINNING</b><br>Ellen              | 5:15 - 5:45 am<br><b>INSANITY</b>                         | 5:30 am - 60 min.<br><b>SPINNING</b><br>Cheryl                  | 5:30 am - 60 min.<br><b>SPINNING</b><br>Jessica        | 5:15 - 5:45 am<br><b>INSANITY</b>                       | 7:15 am - 45 min.<br><b>TREADMILL</b><br>A PERFECT FIT<br>Ellen  | 7:15 am - 45 min.<br><b>SPINNING</b><br>Ellen/Sandy     |
| 8:30 am - 60 min.<br><b>resist-a-ball</b><br>Ellen         | 6:00 am - 60 min.<br><b>LES MILLS BODYPUMP</b><br>Theresa | 8:15 am - 30 min.<br>Kettlebells<br>Jeff                        | 5:45 am - 60 min.<br>Sunrise Yoga<br>Laura             | 6:00 am - 60 min.<br><b>LES MILLS BODYPUMP</b><br>Megan | 8:00 am - 60 min.<br><b>SPINNING</b><br>Jessica  | 8:00 am - 60 min.<br><b>LES MILLS BODYPUMP</b><br>Megan |
| 9:30 am - 30 min.<br><b>ZUMBA</b><br>toning                | 8:30 am - 60 min.<br>Yoga All Levels<br>Di                | 8:30 am - 60 min.<br>Step <b>NEW!</b><br>Kayla                  | 8:30 am - 60 min.<br>Power Yoga<br>Becki               | 8:00 am - 60 min.<br>PIYO Strength<br>Kayla             | 8:15 am - 60 min.<br>Bootcamp<br>Steve   | 9:00 am - 60 min.<br><b>TURBO TRICK</b><br>Kelly        |
| 10:30 am - 30 min.<br><b>LES MILLS CXWORX</b>              | 9:35 am - 60 min.<br><b>LES MILLS BODYPUMP</b><br>Kayla   | 9:00 am - 60 min.<br><b>SPINNING</b><br>Jeff                    | 8:30 am - 60 min.<br>Tread & Sculpt<br>Suzy            | 9:00 am - 60 min.<br>Cardio Sculpt <b>NEW!</b><br>Maria | 9:15 am - 60 min.<br>Cycle<br>Mo   | 10:15 am - 60 min.<br>Power Yoga<br>Di                  |
| Noon - 60 min<br>Cycleates<br>Jeanine                      | 9:30 am - 60 min.<br>Cycle<br>Megan                       | 9:30 am - 60 min.<br>Yogalates<br>Thisbe                        | 9:30 am - 60 min.<br><b>LES MILLS BODYPUMP</b><br>Mary | 10:00 - 60 min.<br>Yoga<br>Mary Jane                    | 9:30 am - 60 min.<br><b>ZUMBA</b><br>FINEST<br>Terry   |   |
| 4:30 pm - 60 min.<br><b>ZUMBA</b><br>FINEST<br>Edgar       | 10:40 am - 60 min.<br>PiYo<br>Kelly                       | Noon - 60 min.<br>Cycleates<br>Thisbe                           | 10:30 am - 45 min.<br><b>ZUMBA</b><br>FINEST<br>mary   | Noon - 60 min.<br>Cycleates<br>Maria                    | 10:30 am - 60 min.<br>Vinyasa Flow Yoga<br>Rebecca   |   |
| 5:30 pm - 60 min.<br>Kettlebell Workshop<br>Jeff           | 11:40 am - 60 min<br>Tai Chi FIT<br>Thisbe                | 4:30 pm - 60 min.<br><b>ZUMBA</b><br>FINEST<br>Shelley          | 5:00 pm - 30 min.<br>Total Core<br>Suzy                | 5:00 pm - 60 min.<br>Happy Hour Yoga<br>Aimee           | <b>Hours</b><br>Mon-Friday 5am-10pm<br>Saturday 7am-7pm<br>Sunday 7am-5pm<br>Childcare Hours:<br>Weekday Mornings 8am-1pm<br>Weekday Evenings 4pm-8pm<br>Weekends 8am-1pm<br>410-956-9392<br>Check the Web site for Events |   |
| 5:30 pm - 60 min.<br>Cycle<br>Sandy/Megan                  | 4:30 pm - 60 min.<br>Yoga<br>Aimee                        | 5:00 pm - 60 min.<br><b>SPINNING</b><br>Cheryl                  | 5:30 pm - 60 min.<br>Cycle<br>Megan                    | 5:30 pm - 60 min.<br>Xtreme Kettlebells<br>Steve        |  |   |
| 5:30 pm - 60 min.<br>Cardio Circuit & Sculpt<br>Jessica/Mo | 5:30 pm - 50 min.<br><b>INSANITY</b>                      | 5:30 pm - 60 min.<br>PiYo Strength <b>NEW!</b><br>Maria         | 5:30 pm - 30 min.<br><b>INSANITY</b>                   |   |  |   |
| 6:30 pm - 60 min.<br><b>BOSU</b> Pilates<br>Ellen          | 5:30 pm - 60 min.<br>Cycle<br>Jessica/Susan               | 5:30 pm - 45 min.<br><b>TREADMILL</b><br>A PERFECT FIT<br>Ellen | 6:00 pm - 45 min.<br><b>ZUMBA</b><br>toning<br>Terry   |   |  |   |
| 6:50 pm - 60 min.<br><b>LES MILLS BODYPUMP</b><br>Sandy    | 6:30 pm - 60 min.<br><b>ZUMBA</b><br>FINEST<br>Terry      | 6:30 pm - 60 min.<br><b>LES MILLS BODYPUMP</b><br>Theresa       | 7:00 pm - 60 min.<br>Yoga Works<br>Aimee               |   |  |   |

EDGEWATER FITNESS

Visit [www.edgewaterfit.com](http://www.edgewaterfit.com)  
Effective Feb. 1, 2016

\*Classes subject to change without notice\*  
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