

# EDGEWATER FITNESS

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
<b>Group Fitness Schedule</b>						
5:30 am - 60 min. <b>CYCLE</b> Ellen	5:15 - 5:45 am <b>INSANITY</b>	5:30 am - 60 min. <b>CYCLE</b> Mo	5:30 am - 60 min. <b>CYCLE</b> Ellen	5:15 - 5:45 am <b>INSANITY</b>	7:15 am - 45 min. <b>TREADMILL</b> A PERFECT FIT Ellen	7:15 am - 45 min. <b>CYCLE</b> Sandy
8:30 am - 60 min. <b>resist-a-ball</b> Suzy	6:00 am - 60 min. <b>LES MILLS BODYPUMP</b> Theresa	8:00 am - 50 min. Kettlebells <b>NEW!</b> Jeff	5:45 am - 60 min. Sunrise Yoga Laura	6:00 am - 60 min. <b>LES MILLS BODYPUMP</b> Megan	8:00 am - 60 min. <b>CYCLE</b> Jett	8:00 am - 60 min. <b>LES MILLS BODYPUMP</b> Megan
9:30 am - 45 min. <b>ZUMBA</b> toning	8:30 am - 60 min. Yoga All Levels Di	8:30 am - 60 min. Step Kayla	8:30 am - 60 min. Power Yoga Becki	8:00 am - 60 min. PIYO Strength Kelly	8:15 am - 60 min. Bootcamp Steve	9:00 am - 60 min. Floor Barre <b>NEW!</b> Terry
10:30 am - 60 min. Floor Barre <b>NEW!</b> Terry	9:35 am - 60 min. <b>LES MILLS BODYPUMP</b> Kayla	9:30 am - 60 min. Yin Yoga <b>NEW!</b> Mary Jane	8:30 am - 60 min. Tread & Sculpt Suzy	9:00 am - 60 min. Cardio Sculpt Maria	9:15 am - 60 min. <b>CYCLE</b> Mo	
Noon - 60 min Cycleates Jeanine	9:30 am - 60 min. <b>CYCLE</b> Megan	Noon - 60 min. Cycleates Thisbe	9:30 am - 60 min. <b>LES MILLS BODYPUMP</b> Kayla	10:00 - 60 min. Yoga Mary Jane	9:30 am - 60 min. <b>ZUMBA</b> Terry	
4:30 pm - 60 min. <b>ZUMBA</b> FINEST Edgar	10:40 am - 60 min. PiYo Kelly	4:30 pm - 60 min. <b>ZUMBA</b> FINEST Shelley	10:30 am - 45 min. <b>ZUMBA</b> FINEST Kayla	Noon - 60 min. Cycleates Thisbe	10:30 am - 60 min. Vinyasa Flow Yoga Rebecca	
5:30 pm - 60 min. Kettlebell Workshop Steve	11:40 am - 60 min Tai Chi FIT Thisbe	5:00 pm - 60 min. <b>CYCLE</b> Mo	5:00 pm - 60 min. Floor Barre <b>NEW!</b> Maureen	5:00 pm - 60 min. Happy Hour Yoga Aimee	<b>Hours</b> 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	
5:30 pm - 60 min. <b>CYCLE</b> Sandy/Megan	4:30 pm - 60 min. Yoga Aimee	5:30 pm - 60 min. PiYo Strength Maria	5:30 pm - 60 min. <b>CYCLE</b> Megan	5:30 pm - 60 min. Xtreme Kettlebells Jeff		
5:30 pm - 60 min. Cardio Circuit & Sculpt Mo	5:30 pm - 50 min. <b>INSANITY</b>	5:30 pm - 45 min. <b>TREADMILL</b> A PERFECT FIT Ellen	5:30 pm - 60 min. Bootcamp <b>NEW!</b> Steve			
6:30 pm - 60 min. <b>LES MILLS BODYPUMP</b> Sandy	5:30 pm - 60 min. <b>CYCLE</b> Susan	6:30 pm - 60 min. <b>LES MILLS BODYPUMP</b> Theresa	6:00 pm - 60 min. <b>ZUMBA</b> FINEST <b>NEW!</b> Edgar			
	6:30 pm - 60 min. <b>ZUMBA</b> FINEST Terry		7:00 pm - 60 min. Yoga Works Aimee			



Visit [www.edgewaterfit.com](http://www.edgewaterfit.com)  
Effective March 1, 2017

5 Mayo Road, Edgewater, MD 21037