

EDGEWATER FITNESS

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
Group Fitness Schedule						
5:30 am - 60 min. CYCLE Ellen	5:15 - 5:45 am INSANITY	5:30 am - 60 min. CYCLE Mo	5:30 am - 60 min. CYCLE Jessica	5:15 - 5:45 am 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	8:00 am - 50 min. 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 Kayla	8:00 am - 45 min. CYCLE Jeff	8:00 am - 60 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 Kayla	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	
Noon - 60 min Cycleates Jeanine	9:30 am - 60 min. CYCLE Megan	11:00 am - 60 min. PiYo NEW! Kelly	8:30 am - 60 min. Tread & Core NEW! 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 Kayla	Noon - 60 min. Cycleates Thisbe	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 - 45 min. ZUMBA FINEST Kayla	5:00 pm - 60 min. Happy Hour Yoga Aimee	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	
5:30 pm - 60 min. CYCLE Sandy/Megan	5:30 pm - 50 min. INSANITY	5:45 pm - 45 min. Pop Pilates NEW! Maureen	5:30 pm - 60 min. CYCLE Megan	5:30 pm - 60 min. Xtreme Kettlebells Jeff		
5:30 pm - 60 min. Cardio Circuit & Sculpt Jessica	5:30 pm - 60 min. CYCLE Susan	5:30 pm - 45 min. TREADMILL A PERFECT FIT Ellen	5:30 pm - 60 min. Bootcamp Steve			
6:30 pm - 60 min. LES MILLS BODYPUMP Sandy	6:30 pm - 60 min. ZUMBA FINEST Terry	6:30 pm - 60 min. LES MILLS BODYPUMP Theresa	6:00 pm - 60 min. ZUMBA FINEST Edgar			
	7:30 pm - 60 min. Floor Barre NEW! Maureen		7:00 pm - 60 min. Yoga Works Aimee			



Visit www.edgewaterfit.com

Effective Aug 8, 2017

5 Mayo Road, Edgewater, MD 21037