

937-506-7744
130 E. Broadway, Tipp City
www.cfit.fit

MONDAY

5:00AM Spinning®/Barre Fusion with Carin
7:30AM 30min Bootcamp with Sierra
8:00PM 30min Cardio Burn with Sierra
8:30AM Barre Above with Kiana
11:30AM Chair Yoga with Molly
5:15PM Kettlebell Fusion with CathyJo
5:15PM Ujam with Amy
6:00PM Spinning® with Terrie
6:00PM Power Sculpt w/ Melissa
7:00PM 30min Core with Angela
7:00PM Cardio Drumming with Dusti – level 1

TUESDAY

5:30AM PiYo® with Carin - level 1
7:15AM Strength & Cardio Burn with Kiana
9:00AM Zumba® and Tone with Nancy- level 1
5:15PM Kettlebell Fusion with Sierra
5:15PM Cycle & Strength with Michelle
6:00PM Cycle with Lauren G
6:00PM BarbellFit with Cathy Jo
6:30PM Step Fusion with Christen
7:00PM Cardio Drumming with Dusti – level 1
7:30PM Zumba with Chloe level 1

Group Class Schedule

WEDNESDAY

5:00AM Spinning®* with Carin
7:30AM 30min Intervals with Sierra
2:30PM Dance & Tone Fitness with Danielle- level 1
5:15PM Cardio Box with Sarah
5:15PM Spinning® with Marcy
6:00PM 30 Barre Above with Sierra
6:30PM Hatha Flow Yoga with Molly

THURSDAY

5:30AM PiYo® with Carin- level 1
7:30AM Kettlebell Strong with Kiana
9:00AM Zumba®/Ujam™ with Nancy – level 1
5:15PM Strength & Cardio with Amy M
5:30PM Spinning® with Marcy
6:15PM Strength & Cardio with Amy M
6:15PM Core & More with Angela – level 1
7:15PM U-Jam™ with Amy- level 1
7:00PM Spinning® with Jamie

FRIDAY

5:00AM Spinning®Barre Fusion with Carin
7:30AM 30Min TRX/Barre Fusion with Sierra
8:00AM 30MinTabata with Sierra
9:00AM BarreAbove® with Sierra & Kiana
5:00PM BarbellFit with Cathy Jo
5:45PM Step & Abs with Melissa
5:15pm 30 min Spin with Marcy
5:45pm 30 min Spin with Marcy



SATURDAY

7:00AM Spinning® with Roberta
8:00AM Power Sculpt with Melissa
8:00AM Spinning®/Abs with Jamie
9:00AM Cardio Dance Fitness with Nancy- level 1
10:00AM Free Class Strength/Cardio with Melissa
11:00AM Zumba with Chloe – Level 1

SUNDAY

7:00AM Spinning® with Marcy
8:00AM Circuits with Sierra
9:00AM Spinning® with Terrie
10:00AM Tone & Stretch with Melissa- level 1
4:45PM Zumba with Chloe – Level 1
5:45PM BarbellFit with Cathy Jo

**All classes are level 2,
Unless marked level 1**