






# Walk-In Fitness Class Schedule – Fall 2018 (effective 10/15/18)

-Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6-7am <b>City Cycle &amp; Abs*</b> Hall of Fame (Kelly Jarvis)	6am-7am <b>Power Sculpt</b> MPRL3 (Lora Scott)	6-7am <b>City Cycle &amp; Abs*</b> Hall of Fame (Kelly Jarvis)	6am-7am <b>Power Sculpt</b> MPRL3 (Lora Scott)	6-7am <b>City Cycle &amp; Abs*</b> Hall of Fame (Evie Burge)	8:15-9:15am <b>City Cycle &amp; Abs*</b> Hall of Fame (Sandra Troutman)
9:15-10:15am <b>20-20-20</b> MPRL3 (Darlene Posey)		8:15am-9:15am <b>Interval Training</b> MPRL3 (Darlene Posey)			8:30-9:30am <b>Gentle Flow Yoga</b> MPRB (Caroline Stevens)
		9:15-10:15am <b>Cardio Sculpt</b> MPL3 (Darlene Posey)			9:30-10:30am <b>Power Sculpt</b> MPRL3 (Lora Scott)
9:30-10:30am <b>City Cycle &amp; Abs*</b> Hall of Fame (Evie Burge)	10:15-11:15am <b>Gentle Yoga</b> MPRL3 (Stacey Brown)	10:15-11:15am <b>Beginner Yoga</b> MPRB (Stacey Brown)	11:15am-12:15pm <b>Flow 1/ 2 Yoga</b> MPRB (Kristi Brownlow)	9:30-10:30am <b>City Cycle &amp; Abs*</b> Hall of Fame (Kim Colvard)	10:45-11:45am <b>Pilates</b> MPRB (Lora Scott)
				6-7pm <b>Mixed Level Flow Yoga</b> MPRB (Caroline Stevens)	11am-12noon <b>Cardio Step &amp; Sculpt</b> MPRL3 (Sandra Troutman)
4:15-5:15pm <b>Tone it Up!</b> MPRB (Darlene Posey)			4:15-5:15pm <b>Tone it Up!</b> MPRB (Darlene Posey)	<div style="text-align: center;"> <h3>Stop by the Front Desk to get your Automated Punch Card!</h3> <p><b><u>Fitness Center Members</u></b>                      Per class: \$3 city / \$6 non city                      10 class Fitness Pass: \$10 city / \$20 non city                      15 class Fitness Pass: \$14 city / \$28 non city                      25 class Fitness Pass: \$20 city / \$40 non city</p> <p><b><u>Non – Members</u></b>                      Per class: \$3 city / \$6 non city                      10 class Fitness Pass: \$25 city / \$50 non city                      15 class Fitness Pass: \$37 city / \$74 non city                      25 class Fitness Pass: \$60 city / \$120 non city</p> <p>Find the latest class schedules &amp; updates on our website:  <a href="http://www.cityoffrederick.com">www.cityoffrederick.com</a></p> <p><b>*We recommend that you sign up in advance for all cycle classes. Call 301-600-1450 to sign up</b></p> </div>	
5-6pm <b>Bottoms Up/Abs Down</b> MPRL3 (Theresa Thomas)	5:15-6pm <b>City Cycle</b> Hall of Fame (Dave Handy)	5-6pm <b>Torso Training</b> MPRB (Theresa Thomas)	5-6pm <b>Awesome Abs/Lethal Legs</b> MPRL3 (Theresa Thomas)		
6-7pm <b>Gentle Flow Yoga</b> Hall of Fame (Stacey Brown)	6-7pm <b>Pilates</b> MPRL3 (Lora Scott)	6-7pm <b>DJ-ercise</b> MPRL3 (Marcia Fortunato)	6-7pm <b>Resistance Training</b> MPRB (Marcia Fortunato)		
6-7pm <b>Body Thrive</b> MPRB/gym (Theresa Thomas)			6-7pm <b>Body Blast</b> MPRL3 (Theresa Thomas)		
6-7pm <b>DJ-ercise</b> MPRL3 (Marcia Fortunato)			7:30-8:30pm <b>3,2,1 Burnout</b> MPRB (Sandra Troutman)		