

SPRING 2025 GROUP EXERCISE SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:00-12:45pm	Hardbody(S) Connie	HIIT(S) Sherri	Spin(GA) Connie	10-10-10(S) Connie	Yoga(S) Heather	Follow us on Instagram @plattsfitness	
5:00-5:45pm	Pilates(S) Gwen	Yoga(S) Shawna	 **5:15** 30MinSpin(GA) Okiah		(S)=Studio Inside Fitness Center (GA)=Group Activity room 2 nd floor		Pilates(S) Sophia
6:00-6:45pm	HIIT/Core (S) Olivia Kickbox(GA) Brian	Hardbody(S) Erricia 30MinSpin(GA) Olivia	Pilates(S) Sarah Kickbox(GA) Lena	**6:30pm** Yoga(S)/Molly 30MinSpin(GA) Hannah			
7:00-7:45pm	Yoga(S) Grace 30MinSpin(GA) Morgan	Kickbox(GA) Allisyn	Yoga(S) Sydney 30MinSpin(GA) Ella	**7:15pm** Hardbody(S) Grace			
8:00-8:45pm	Zumba(S) Kaylynn	Yoga Sculpt(S) Ella 30MinSpin(GA) Sara	Zumba(S) Kaylynn	Zumba(S) Hannah			

