



Phoebe HealthWorks



## September Group Fitness Schedule

8/31/2025 to 9/27/2025

Class Key:	Low Intensity	Low-Medium Intensity	Medium Intensity		Med-High Intensity	High Intensity
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30 a.m.				Cycling Studio Luisa		
8:00 a.m.	"RIDE" Cycling Studio Jacki		"RIDE" Cycling Studio Jacki			
9:00 a.m.	"R.E.P.S." Studio 1 Sherry		"R.E.P.S." Studio 1 Sherry		"R.E.P.S." Studio 1 Sherry	
9:30 a.m.	"30" Studio 1 Jacki		"30" Studio 1 Jacki			
12:00 p.m.		Cycling Studio Luisa	Boot Camp The Sweat Zone Shirley		Pilates Mat Cycling Studio Amy	
	Boot Camp Studio 1 Shirley	Total Body Sculpt Studio 1 Alexis	"Steppin'It" Studio 1 Colleen	Total Body Sculpt Studio 1 Alexis		
	"Spin" Cycling Studio Renea					
5:00 p.m.						
5:15 p.m.	<b>CrossFit</b>	<b>CrossFit</b>	<b>CrossFit</b>	<b>CrossFit</b>		
5:30 p.m.				Pop Fan Fitness Cycling Studio Krystal		
	"Steppin'It" Studio 1 Colleen No class on the 1st Monday of each month.	Raise the Bar Studio 1 Adrienne		Raise the Bar Studio 1 Adrienne		
		Pop Fan Fitness Cycling Studio Krystal		Total Body Sculpt Gym Nic		
	TBS Gym Nic	TBS Gym Nic	TBS Gym Nic			
5:35 p.m.	YOGALATES Cycling Studio Renea					
6:00 p.m.						

