



# Cottage Grove Group Ex Schedule

Effective October 14<sup>th</sup> 2019

Day → Start Time ↓	Monday	Tuesday	Wednesday	Thursday	Friday
5:15am	5:15-6:00 Cardio & More (Julie)	5:15-6:00 Circuit (Julie)	5:15-6:00 PiYo (Kimberly)	5:15-6:00 F.I.T. (Sara)	5:15-6:00 Hardcore (Amanda)
8:00am	8:00-8:45 Basic Strength + (Amanda)		8:00-8:45 Basic Strength (Amanda)		8:00-8:45 Basic Stretch (Amanda)
9:00am	9:00-10:00 Piyo (Kimberly)	9:00-9:45 Basic Strength + (Sara)		9:00-9:45 Basic Strength + (Sara)	
10:00am		10:00-10:45 Brunch Fit Crew (Gina)		10:00-10:45 Brunch Fit Crew (Gina)	
12:00 pm		12:00-12:45 Lunch Fit Crew (Gina)		12:00-12:45 Lunch Fit Crew (Gina)	
4:30pm		4:30-5:30 Zumba (Connie)		4:30-5:30 Zumba (Connie)	
6:00pm		6:00-7:00 Step (Yvette)		6:00-7:00 Step (Yvette)	

For the most up to date schedule Please Visit Our Website: [www.EmeraldFitness.club](http://www.EmeraldFitness.club)

All classes included with membership fee. See back for class descriptions