



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:10 am Cycle <i>Karl 45 min Cycle Studio</i>	5:10 am The GRIND <i>Erika 45 min Level 1</i>	5:10 am Cycle <i>Karl 45 min Cycle Studio</i>	5:10 am Power Pump <i>Danielle 45 min Studio</i>	5:10 am Conditioning & Strength <i>Cathy 45 min Studio</i>	8:45 am 360 Strength <i>Rotating 45 min Studio</i>
5:10 am 360 Strength <i>Rebecca 45 min Studio</i>	5:10 am Pilates Strength <i>Danielle 45 min Studio</i>	5:10 am Power Push + Stretch <i>Rebecca 45 min Studio</i>	8:45 am 360 Strength <i>Emily 60 min Studio</i>	8:30 am CoreLIIT <i>Rotating 25 min Studio</i> <i>Bethany/Kathryn/Shanley</i>	<i>October 3 - Valerie</i> <i>October 10 - Rebecca</i> <i>October 17 - Rachel</i> <i>October 24 - Cristin</i> <i>October 31 - Bethany</i>
8:30 am Core <i>Rebecca 25 min Studio</i>	8:45 am 360 Strength <i>Bethany 60 min Studio</i>	8:00 am Core <i>Kimberly 25 min Studio</i>	10:00 am Flow Yoga <i>Shanley 45 min Studio</i>	9:05 am Cardio Sculpt <i>Rotating 45 min Studio</i> <i>Bethany/Kathryn/Shanley</i>	9:45 am Mind-Body Mix <i>Rotating 30 min Studio</i>
9:00 am Cycle <i>Kristen 45 min Cycle Studio</i>	10:00 am Flow Yoga <i>Shanley 45 min Studio</i>	8:45 am Step <i>Emily/Rebecca 45 min Studio</i>	12:05 pm Fine Tuning Amplified <i>Amanda 40 min Studio</i>	9:00 am Cycle + Top it Off <i>Amanda 50 min Cycle Studio</i>	<i>October 3 - Valerie</i> <i>October 10 - Rebecca</i> <i>October 17 - Rachel</i> <i>October 24 - Dena</i> <i>October 31 - Bethany</i>
9:05 am Zumba <i>Dena 45 min Studio</i>	11:00 am Zumba Gold <i>Kathryn 45 min Studio</i>	8:45 am Cycle + Top it Off <i>Kimberly 50 min Cycle Studio</i>	4:30 pm Pilates <i>Elizabeth 45 mi Studio</i>	10:00 am Unwind <i>Rebecca 45 min Studio</i>	10:30 am Zumba <i>Dena/Amy 45 min Studio</i>
10:00 am Strength & Stretch <i>Shanley 45 min Studio</i>	12:05 pm Cardio Sculpt <i>Bethany 40 min Studio</i>	10:00 am Fine Tuning <i>Amanda 45 min Studio</i>	5:30 pm Power Circuit <i>Cristin 45 min Level 1</i>	11:00 am Silver Strong <i>Kathryn 45 min Studio</i>	
11:00 am Silver Strong <i>Kristen 45 min Studio</i>	4:30 pm Pilates <i>Elizabeth 45 min Studio</i>	11:00 am Silver Strong <i>Kathryn 45 min Studio</i>	5:30 pm Zumba <i>Dena 45 min Studio</i>	12:05 pm The GRIND <i>Erika 45 min Level 1</i>	
12:05 pm The GRIND <i>Erika 45 min Level 1</i>	5:30 pm Barre <i>Dena 40 min Studio</i>	12:05 pm The GRIND <i>Erika 45 min Level 1</i>	NEW THIS OCTOBER 🍁		
4:30 pm Full Body Sweat <i>Cristin 45 min Studio</i>	6:30 pm Yoga <i>Lori 45 min Studio</i>	4:30 pm L1FT <i>Rachel 45 min Studio</i>	Strength & Stretch Mondays 10:00 am Shanley Build strength, improve mobility and stay flexible with functional strength exercises, intentional stretching and mobility work.		
5:30 pm Cycle <i>Rachel 50 min Cycle Studio</i>		5:30 pm Build & Burn <i>Valerie 45 min Studio</i>	Flow Yoga Tuesdays & Thursdays 10:00 am Shanley A 45-minute practice combining postures, breath and mindful movement to build strength, mobility and balance.		
5:30 pm Pure Strength <i>Valerie 50 min Studio</i>		6:25 pm Pilates <i>Valerie 35 min Studio</i>	Tuesday Evening Yoga NEW TIME 6:30 pm Lori Need a little more time after work? Join Lori for a 45-minute evening practice — the perfect way to move, breathe and reset.		
6:45 pm Zumba <i>Amy 45 min Studio</i>					

WEEKEND + AFTER DARK

SATURDAY POP-UPS

7:30 AM | 45 MIN | STUDIO

- OCT 3 Barre with Cathy
- OCT 10 Pilates Strength with Danielle
- OCT 17 Barre with Cathy
- OCT 24 Cardio Sculpt with Bethany
- OCT 31 BOO-TY 🍁 Camp with Kathryn
- OCT 31 Cycle with Karl

SUNDAY POP-UPS

2:00 PM | 45 MIN | STUDIO

- OCT 4 Biketoberfest Kickoff Ride ❤️ with Amanda - 3:00 PM
- OCT 11 Mind-Body Yoga with Lori
- OCT 18 Step with Bethany
- OCT 18 Biketoberfest Ride with Rachel - 3:00 PM
- OCT 25 Halloween 🍁 High Fitness with Dena



THURSDAY AFTER DARK

6:30 PM | 45 MIN | STUDIO

LIGHTS OFF. MUSIC UP.

- OCT 1 Cardio Sculpt - Amanda
- OCT 8 Slow Burn - Kathryn
- OCT 15 Lift - Cristin
- OCT 22 Rhythm Ride - Bethany
- OCT 29 Halloween GLOW UP - Dena



MOVE MORE. LIVE BETTER.

501-450-9292
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