



| MONDAY                                                           | TUESDAY                                                        | WEDNESDAY                                                             | THURSDAY                                                          | FRIDAY                                                                                       | SATURDAY                                                                                                                                                             |
|------------------------------------------------------------------|----------------------------------------------------------------|-----------------------------------------------------------------------|-------------------------------------------------------------------|----------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 5:10 am Cycle<br><i>Karl   45 min   Cycle Studio</i>             | 5:10 am The GRIND<br><i>Erika   45 min   Level 1</i>           | 5:10 am Cycle<br><i>Karl   45 min   Cycle Studio</i>                  | 5:10 am Power Pump<br><i>Danielle   45 min   Studio</i>           | 5:10 am Conditioning & Strength<br><i>Cathy   45 min   Studio</i>                            | 8:45 am 360 Strength<br><i>Rotating   45 min   Studio</i><br><i>Sep 5 - Rebecca</i><br><i>Sep 12 - Cristen</i><br><i>Sep 19 - Rachel</i><br><i>Sep 26 - Bethany</i>  |
| 5:10 am 360 Strength<br><i>Rebecca   45 min   Studio</i>         | 5:10 am Pilates Strength<br><i>Danielle   45 min   Studio</i>  | 5:10 am Power Push + Stretch<br><i>Rebecca   45 min   Studio</i>      | 8:45 am 360 Strength<br><i>Emily   60 min   Studio</i>            | 8:30 am CoreLIIT<br><i>Rotating   25 min   Studio</i><br><i>Bethany/Kathryn/Shanley</i>      | 9:45 am Mind-Body Mix<br><i>Rotating   30 min   Studio</i><br><i>Sep 5 - Rebecca</i><br><i>Sep 12 - Valerie</i><br><i>Sep 19 - Rachel</i><br><i>Sep 26 - Bethany</i> |
| 6:10 am Fine Tuning Amplified<br><i>Amanda   40 min   Studio</i> | 8:45 am 360 Strength<br><i>Bethany   60 min   Studio</i>       | 6:10 am Barre<br><i>Cathy   40 min   Studio</i>                       | 10:00 am Mobility Express<br><i>Shanley   30 min   Studio</i>     | 9:05 am Cardio Sculpt<br><i>Rotating   45 min   Studio</i><br><i>Bethany/Kathryn/Shanley</i> | 10:30 am Zumba<br><i>Dena/Amy   45 min   Studio</i>                                                                                                                  |
| 8:30 am Core<br><i>Rebecca   25 min   Studio</i>                 | 10:00 am Mind-Body Express<br><i>Shanley   30 min   Studio</i> | 8:00 am Core<br><i>Kimberly   25 min   Studio</i>                     | 12:05 pm Fine Tuning Amplified<br><i>Amanda   40 min   Studio</i> | 9:00 am Cycle + Top it Off<br><i>Amanda   50 min   Cycle Studio</i>                          |                                                                                                                                                                      |
| 9:00 am Cycle<br><i>Kristen   45 min   Cycle Studio</i>          | 11:00 am Zumba Gold<br><i>Kathryn   45 min   Studio</i>        | 8:45 am Step<br><i>Emily/Rebecca   45 min   Studio</i>                | 4:30 pm Pilates<br><i>Elizabeth   45 mi   Studio</i>              | 10:00 am Unwind<br><i>Rebecca   45 min   Studio</i>                                          |                                                                                                                                                                      |
| 9:05 am Zumba<br><i>Dena   45 min   Studio</i>                   | 12:05 pm Cardio Sculpt<br><i>Bethany   40 min   Studio</i>     | 8:45 am Cycle + Top it Off<br><i>Kimberly   50 min   Cycle Studio</i> | 5:30 pm Power Circuit<br><i>Cristin   45 min   Level 1</i>        | 11:00 am Silver Strong<br><i>Kathryn   45 min   Studio</i>                                   |                                                                                                                                                                      |
| 10:00 am Flow Yoga<br><i>Shanley   45 min   Studio</i>           | 4:30 pm Pilates<br><i>Elizabeth   45 min   Studio</i>          | 10:00 am Fine Tuning<br><i>Amanda   45 min   Studio</i>               | 5:30 pm Zumba<br><i>Dena   45 min   Studio</i>                    | 12:05 pm The GRIND<br><i>Erika   45 min   Level 1</i>                                        |                                                                                                                                                                      |
| 11:00 am Silver Strong<br><i>Kristen   45 min   Studio</i>       | 5:30 pm Barre<br><i>Dena   40 min   Studio</i>                 | 11:00 am Silver Strong<br><i>Kathryn   45 min   Studio</i>            |                                                                   |                                                                                              |                                                                                                                                                                      |
| 12:05 pm The GRIND<br><i>Erika   45 min   Level 1</i>            | 6:20 pm Yoga<br><i>Dena   30 min   Studio</i>                  | 12:05 pm The GRIND<br><i>Erika   45 min   Level 1</i>                 |                                                                   |                                                                                              |                                                                                                                                                                      |
| 4:30 pm Full Body Sweat<br><i>Cristin   45 min   Studio</i>      |                                                                | 4:30 pm L1FT<br><i>Rachel   45 min   Studio</i>                       |                                                                   |                                                                                              |                                                                                                                                                                      |
| 5:30 pm Cycle<br><i>Rachel   50 min   Cycle Studio</i>           |                                                                | 5:30 pm Build & Burn<br><i>Valerie   45 min   Studio</i>              |                                                                   |                                                                                              |                                                                                                                                                                      |
| 5:30 pm Pure Strength<br><i>Valerie   50 min   Studio</i>        |                                                                | 6:25 pm Pilates<br><i>Valerie   35 min   Studio</i>                   |                                                                   |                                                                                              |                                                                                                                                                                      |
| 6:45 pm Zumba<br><i>Amy   45 min   Studio</i>                    |                                                                |                                                                       |                                                                   |                                                                                              |                                                                                                                                                                      |

STRONG LOOKS GOOD ON YOU. National Women's Health & Fitness Day  
Wednesday, September 30

Confidence Wall | Empowerment Card Station | Limited Pink Merch

10:00 am | STRONG LOOKS DIFFERENT | Strength & Flow with Amanda  
A special National Women's Health & Fitness Day edition of Fine Tuning

WEEKEND + AFTER DARK

SATURDAY POP-UPS

7:30 AM | 45 MIN | STUDIO

- SEP 5 Barre Sculpt - Cathy
- SEP 12 Step - Kathryn
- SEP 19 Pilates Strength - Dena
- SEP 26 Glute Camp - Kathryn
- SEP 26 Cycle - Karl

SUNDAY POP-UPS

2:00 PM | 45 MIN | STUDIO

- SEP 6 Cardio Sculpt - Bethany
- SEP 13 Line Dancing - Dena
- SEP 20 Step - Kathryn
- SEP 27 Mind-Body Yoga - Lori



THURSDAY AFTER DARK

6:30 PM | 45 MIN | STUDIO

- SEP 3 Cardio Sculpt - Amanda
- SEP 17 Glute Camp - Kathryn

LIGHTS OFF. MUSIC UP.



MOVE MORE. LIVE BETTER.

501-450-9292  
ConwayRegionalHFC.org