

evolutionfernief.com

Spring 2018 GroupEx Schedule (Easter to May Long)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00AM		SPIN-CORE Sydney S	SPIN-TRX Julie K	SPIN-FIT Kim H	SPIN-TRX Julie K	SPIN Julie K	SPIN-FIT Sydney S
10:15AM		YOGA Nigel P	YOGA Anna P	YOGA Nigel P	YOGA Anna P	YOGA Nigel P	POP PILATES Melanie K
5:15PM	YOGA Katie M	YOGA Kim M	YOGA Katie M	YOGA Kim M	SPIN-FIT Sydney S		
6:30PM		SPIN Shannon K*	SPIN-FIT Sydney S	SPIN-FIT Shannon K	YOGA Katie M		
7:00PM Fit to Play		HIIT BOOTCAMP Caleb B	HIIT BOOTCAMP Josh S	HIIT BOOTCAMP Caleb B	HIIT BOOTCAMP Josh S		

FIT = Functional Interval Training

HIIT = High Intensity Interval Training

Circuit Training with Dumbbells, Kettlebells, Jump Ropes, TRX, Step Boxes, Bands, Balls, Balance & Body exercises. HIIT classes also include Battle Rope, Land Mine, Monkey Bars, Gym Rings, Rope Climb and Olympic Bar exercises.

FUSION CLASSES are ½ hour of two fitness disciplines; SPIN-TRX = ½ hour SPIN + ½ hour TRX

YOGA classes feature the gentle warmth of ceiling mounted *Yoga Panels*® IR heaters.

- ✓ Instructor availability and class schedule may change at any time, please see online calendar for weekly availability
- ✓ **Online Registration** begins at 7:30AM the DAY BEFORE the class; (sign-up Sunday for a class on Monday)
- ✓ Registration is *online* thru **evolutionfernief.com** or *in person only*; No phone call registration.
- ✓ All Participants are required to:
 - ✓ Arrive **10-15 minutes prior to class start time**. Late arrivals may lose their spot.
 - ✓ **Scan** your membership card or **Check-in** with front desk staff *prior to class entry*
- ✓ Studio doors OPEN approx. 10 minutes prior-to class start time; and CLOSE at class start time.
- ✓ Class participant size is limited to: **10 SPIN-FUSION; 12 FIT-to-PLAY; 14 YOGA**
- ✓ **No-show's** and **Last Minute Cancellations** (*within 1 hour of class start time*) prevent other members from enjoying the class and will be charged a **\$5 No-Show Fee**. Repeat no-shows will lose registration privileges.