


**evolutionfernieweb.com**

**GroupEx Studio Schedule**

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>9:00AM</b>			SPIN-FIT Julie K	SPIN-TRX Julie K	SPIN-FIT Xann H	YOGA Nigel P	SPIN-CORE Sydney S
<b>10:15AM</b>			YOGA Anna P	YOGA Nigel P	YOGA Anna P	SPIN Krista T	SPIN-YOGA Madi B
<b>5:15PM</b>	YOGA Katie M	YOGA Kim M	SPIN-YOGA Madi B	YOGA Kim M	SPIN-YOGA Madi B		
<b>6:30PM</b>		SPIN-FIT Sydney S	YOGA Katie M	SPIN-FIT Sydney S	YOGA Katie M		
<b>7:00PM</b> <i>Fit to Play Zone</i>		CORE BALL Paul A	FIT BOOTCAMP Josh S	HARDCORE BALL Paul A	FIT BOOTCAMP Josh S		

**FIT = Functional Interval Training**

*Circuit Training with Dumbbells, Kettlebells, Jump Ropes, TRX, Step Boxes, Bands, Balls, Balance & Body 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.

**ADVICE** for participants:

- ✓ 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 **evolutionfernieweb.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; 14 YOGA; 16 FIT-to-PLAY**
- ✓ **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.