

# Daybreak Community Center Group Fitness Schedule & Information

Oct 1, 2018- Dec 31, 2018



Day/Time	Class	Instructor	Location
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### Monday

5:45 am	Cycle	Rebecca	Cycle Room
9:00 am	Pump	Karisa	GF Room
7:00 pm	Cycle	Tyson	Cycle Room
8:00 pm	Power Vinyasa Yoga	Natalie	Cycle Room

### Tuesday

5:45 am	Pump	Jessica	GF Room
9:00 am	Body Shred *(NEW)	Karli	Cycle Room
7:00 pm	Pump	Aly	GF Room

### Wednesday

5:45 am	Step	Sherrie	GF Room
9:00 am	Pump	Jessica	GF Room
7:00 pm	Cycle	Tyson	Cycle Room
8:00 pm	Refresh Yoga	Jeni	Cycle Room

### Thursday

5:45 am	Insanity	Natalie	GF Room
9:00 am	Cycle	Rebecca	Cycle Room
9:00 am	Zumbatoning	Kimberly	GF Room
6:30 pm	Pound	Sherrie	GF Room

### Friday

5:45 am	Total Body Toning	Jeni	GF Room
9:00 am	HIIT	Karli	GF Room

### Saturday

7:15 am	Step	Sherrie	GF Room
9:00 am	Cycle	Rebecca	Cycle Room

### GF Room

The group fitness room is located on the first floor of the daybreak community center.

### Cycle Room

The cycling room is located on the second floor of the building, south side of the hall, before you reach the meeting rooms.

*\*All classes, events & programs subject to change without notice.*

#### GROUP FITNESS PRICE PASS

Single Class- \$5  
30-Day Class Pass- \$35  
30-Day Monthly EFT- \$25



DAYBREAK®

#### UPCOMING HOLIDAYS & CLOSURES

11/22/18- No Classes  
12/24-12/25/18- No Classes

#### FREE CLASS WEEK

October 1<sup>st</sup> – 6<sup>th</sup>