



Group Fitness Schedule

Effective 2/26/26

For questions or concerns,
contact Holly Bartsch Holly@fitnessworldclubs.com

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
First Floor Group Fitness Studio	7:30 AM			↑beat LIFT			
	8:00 AM					ZUMBA PILATES BARRE	
	8:30 AM	GROUP POWER	Step & Strength	PILATES BARRE	Step & Strength	GROUP POWER	
	9:00 AM					STEP CARDIO KICKBOXING	
	9:30 AM	Pilates	Yoga Fusion			YOGA	9:00 AM Cycle
	10:30 AM	ZUMBA gold	SilverSneakers by TriVity Health	Chair Yoga	SilverSneakers by TriVity Health	SilverSneakers by TriVity Health	10:00 AM GROUP POWER
	4:30 PM	CARDIO KICKBOXING	TBC Total Body Conditioning		STEP		
	5:30 PM	GROUP BLAST	GROUP POWER	ZUMBA FITNESS	GROUP POWER		1:00 PM GROUP POWER
	6:30 PM		ZUMBA FITNESS	YOGA			

Scan the QR codes
to follow us on
social media



FWC
Group Fitness



@fitnessworldclubs
_groupfit

