



FALL LIVE CLASS SCHEDULES

CHEHALIS GROUP FITNESS

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:45	Kettlebell AMPD (Jen)	AMPD Strength (Jen)	Body Combat (Rainey)	BodyPump (Jen)	AMPD Power Flow (Jamie)	Super Sets (Derek)
10:00	SeniorFIT (Jen)	SilverSneakers (Jenny)	SeniorFIT (Jen)	SilverSneakers (Jenny)	SeniorFIT (Danielle)	
4:30	Body Combat (Rainey)	BodyPump (Monique)	AMPD Power Flow (Jamie)	BodyPump (Monique)	AMPD Power Flow (Jamie)	
5:30	BodyPump (Monique)	AMPD Power Flow (Jamie)	Zumba (Kelly)	Kettlebell AMPD (Jamie)		

CHEHALIS YOGA STUDIO

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30			AMPD Build (Jen)			Hot Power Flow (Jen)
9:00	AMPD Power Flow (Jamie)				Gentle Yoga (Jessica)	
10:00		Dharma Yoga (Emily)	Rocket Yoga (Emily)	Yin Yoga (Lauren)		
10:30	Yin Yoga (Jamie)				Intermediat Flow (Jessica)	
4:30		Hot Power Vinyasa (Lauren)		Hot Power Flow (Jamie)		

CENTRALIA GROUP FITNESS STUDIO

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30			AMPD Build (Jen)		AMPD Burn & Flow (Jen)	
10:30		SilverSneakers (Sue)	Senior Stretch (Jenny)	SilverSneakers (Jenny)	Senior Stretch (Jenny)	
4:30			AMPD Strength & Kettlebells (Monique)		PiYo (Randi)	