



## SPRING LIVE CLASS SCHEDULES

### CHEHALIS GROUP FITNESS

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:45 am	Kettlebell AMPD	AMPD Strength	Body Combat	BodyPump	AMPD Power Flow	
10:00 am	SeniorFIT	SilverSneakers	SeniorFIT	SilverSneakers	SeniorFIT	
4:30 pm	Turbo Kick	BodyPump	High Fitness	BodyPump	AMPD Power Flow	
5:30 pm	BodyPump	Turbo Kick	Zumba	Kettlebell AMPD		

### CHEHALIS YOGA STUDIO

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00		Warm Vinyasa		Warm Gentle Yoga		
8:45 am				Warm Vinyasa		Hot Power Yoga
9:00 am	Slow Flow	Vinyasa	Energetic Flow		Pilates	
10:00 am				Yin Yoga		
10:30 am	Yin Yoga	Meditative Hatha	Yin Yoga			
4:30 pm		Hot Power Vinyasa		Warm Yoga		
5:30pm	BodyFlow		Pilates			

### CENTRALIA GROUP FITNESS STUDIO

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 am	AMPD Fusion	High Fitness	Rep Reebok	Hi Lo Cardio	Kettlebell AMPD	
9:30 am	Boxing (Downstairs)	Boxing (Downstairs)	Boxing (Downstairs)	Boxing (Downstairs)	Boxing (Downstairs)	
10:30 am	Senior Stretch	SilverSneakers	Senior Stretch	SilverSneakers	Senior Stretch	
5:00 pm	Pilates	Step & Sculpt	Kettlebell AMPD & Burn	Turbo Kick	PiYo	
5:30 pm	Boxing (Downstairs)		Boxing (Downstairs)			

Class Instructors and formats may change at any given time due to subbing.

For more information contact Group Fitness & yoga Director Jen Watson: [jen@thorbeckes.com](mailto:jen@thorbeckes.com)