



FALL 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 & Burn	
9:30 am						Body Combat
10:00 am	SeniorFIT	SilverSneakers	SeniorFIT	SilverSneakers	SeniorFIT	
4:30 pm	Turbo Kick	BodyPump	Rep Reebok	BodyPump		
5:30 pm		Turbo Kick				

CHEHALIS YOGA STUDIO

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 am						Hot Power Yoga
9:00 am	Slow Flow	Vinyasa		Vinyasa Flow & Ease (75 min Class)	Pilates	
10:30 am	Yin Yoga	Meditative Hatha				
4:30 pm		Hot Power Vinyasa				
5:30 pm	Warm Yoga Flow		Pilates	Warm Yoga Flow		

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		
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