



SPRING LIVE CLASS SCHEDULES

CHEHALIS GROUP FITNESS

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:45 am	Kettlebell AMPD	AMPD Strength	Attack/Core	BodyPump	AMPD Power Flow & Burn	
10:00 am	SeniorFIT	SilverSneakers	SeniorFIT	SilverSneakers	SeniorFIT	Body Combat (9:30-10:30)
11:00 am		SilverSneakers		SilverSneakers		
4:30 pm	Turbo Kick	BodyPump	Kettlebell AMPD & Burn	BodyPump		
5:30 pm	Attack/Core					

CHEHALIS YOGA STUDIO

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 am						Heated Yoga
9:00 am		Vinyasa			Pilates	
10:00 am				Heated Slow Flow+ Yin Yoga		
10:30 am		Meditative Hatha				
4:30 pm		Hot Yoga				
5:30 pm			Pilates	BodyBalance		

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	
10:30 am	Senior Stretch	SilverSneakers	Senior Stretch	SilverSneakers		
5:00 am	Pilates		Dance Fitness (May 1st)			