



thorbeckes
GROUP FITNESS
LIVE CLASS SCHEDULES

CHEHALIS GROUP FITNESS

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 am				BodyPump		
6:30 am		Body Balance				
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)
11:00am		SilverSneakers		SilverSneakers		
4:30 pm	Turbo Kick	BodyPump	AMPD Burn & Flow	BodyPump		

CHEHALIS YOGA STUDIO

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 am						Heated Yoga
9:00 am		Slow Flow Yoga		Yin Yoga	Pilates	
10:00 am						
10:30 am		Power Yoga				
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		Rep Reebok	Cardio & Core		
10:30 am	Senior Stretch		Senior Stretch	SilverSneakers		
5:00 am			Dance Fitness			