



**thorbeckes**  
GROUP FITNESS

## LIVE CLASS SCHEDULES

### CHEHALIS GROUP FITNESS

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30 am				BodyPump		
8:45 am	Kettlebell AMPD	AMPD Strength	Attack/Core	BodyPump	AMPD Power Flow & Burn	BodyPump (8:15-9:15)
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	AMPD Burn & Flow	BodyPump		
5:30 pm	Attack/Core					

### CHEHALIS YOGA STUDIO

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30 am		Heated BodyBalance				
8:30 am						Hot Yoga
9:00 am		Slow Flow Yoga		Rest & Restore	Pilates	
10:00 am						
10:30 am		Power Yoga				
4:30 pm		Hot Yoga				
5:30 pm			Pilates			

### CENTRALIA GROUP FITNESS STUDIO

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 am	AMPD Fusion	High Fitness	Rep Reebok	Cardio & Core		
10:30 am	Senior Stretch		Senior Stretch	SilverSneakers		
5:00 pm			Dance Fitness			