



thorbeckes
GROUP FITNESS

LIVE CLASS SCHEDULES

CHEHALIS GROUP FITNESS

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 am		Dynamic Circuits		BodyPump		
8:45 am	Kettlebell AMPD	Dynamic Circuits	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						
4:30 pm	Turbo Kick	BodyPump	AMPD Burn & Flow	BodyPump		
5:30 pm						

CHEHALIS YOGA STUDIO

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

CENTRALIA GROUP FITNESS STUDIO

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:45 am	AMPD Fusion	Express Workout	Rep Reebok	Express Workout		
10:30 am	Senior Stretch	SilverSneakers	Senior Stretch	SilverSneakers		
5:00 pm			Dance Fitness			