

THORBECKES

ATHLETIC CLUB

Chehalis Group Fitness

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30 AM		Evolve Strength (Jen)		Evolve Strength (Jen)		
8:45 AM	Kettlebell AMPD (Jen)	Evolve Strength (Jen)	Les Mills GRIT (Jen)	BodyPump (Jen)	Evolve Core (Jen)	
9:30 AM						BodyCombat (Severa)
10:00 AM	SeniorFIT (Courtney)	SilverSneakers (Angie)	SeniorFIT (Courtney)	SilverSneakers (Angie)	SeniorFIT (Jen)	
4:30 PM	Turbo Kick (Randi)	Rep Reebok (Severa)	Body Combat (Severa)	BodyPump (Rebecca)		

Chehalis Yoga Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30 AM			Pilates (Melissa)			
8:30 AM						Hot Yoga (Rachel)
9:00 AM		Slow Flow (Rachel)		Slow Flow (Rachel)	Pilates (Melissa)	
10:30 AM		Hot Yoga (Rachel)				

Centralia Group Fitness

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:45 AM	Mobility & Stretch (Angie)	Zumba & Zumba Toning (Erin)	Strength Training (Angie)	Zumba & Zumba toning (Erin)	
10:30 AM	Senior Stretch (Angie)	SilverSneakers (Sue)	Senior Stretch (Angie)	SilverSneakers (Sue)	
5:00 PM			Dance Fitness (Amber)		