THORBECKES
ATHLETIC CLUB

MOVE
SWEAT
BE WELL

Group Fitness Schedule

CHEHALIS GROUP FITNESS

ALL FITNESS LEVELS WELCOME

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30 AM		BodyPump Heavy (Jen)		Evolve Strength (Jen)		
8:45 AM	Kettlebell AMPD (Jen)	BodyPump Heavy (Jen)	Turbo Kick (Jen)	BodyPump (Jen)	Powerhouse Sculpt (Jen)	
9:30 AM						Body Combat (Severa)
10:00 AM	SeniorFIT (Jen)	SilverSneakers (Jen)	SeniorFIT (Cheryl)	SilverSneakers (Jen)	SeniorFIT (Jen)	
4:30 PM	Turbo Kick (Randi)	BodyPump (Monique)	Body Combat (Severa)	Rep Reebok (Andrea)		

CHEHALIS YOGA STUDIO

MOVE | BREATHE | BE WELL

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30 AM						Hot Yoga (Rachel)
9:00 AM		Slow Flow (Rachel)	Pilates (Melissa)	Slow Flow (Amy)	Pilates (Melissa)	
10:30 AM		Hot Yoga (Rachel)				
5:30 PM				Pilates (Shalin)		

CENTRALIA GROUP FITNESS

STRONGER PEOPLE
HAPPIER LIVES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:45 AM	Strength (Severa)	Zumba & Zumba Toning (Erin)	Strength Training (Severa)	Zumba & Zumba Toning (Erin)	
10:30 AM		SilverSneakers (Sue)		SilverSneakers (Sue)	
5:00 PM		*Rep Reebok (Severa)	Zumba (Andrea/Michelle)		Zumba & Line Dancing (Andrea)

GREAT WORKOUTS
AMAZING INSTRUCTORS
ALL FITNESS LEVELS
A STRONGER YOU

For more information contact
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