Meridian Ranch Rec Center
Group Ex
Schedule

MONDAY
5:30am  Boot Camp - Sharra
6:00am  TRX - Chantell
7:00am  Yoga - Penelope
8:00am  AOA Pilates - Michelle
9:00am  AOA Splash - Michelle
9:00am  Kettlebells Total Body - Sharra
9:00am  HIIT - Holly
5:00pm  Zumba Toning - Tracy
6:15pm  Yoga - Tracie

THURSDAY
5:30am  Build and Burn - Holly
9:00am  Spin - Elena
7:00am  TRX - Penelope
5:00pm  Zumba - Tracy
6:00pm  High Fitness - Holly
6:15pm  Yoga - Tracie

TUESDAY
6:00am  Pilates - Chantell
6:00am  Spin - Penelope
7:00am  TRX - Penelope
8:30am  Yoga - Kaylie
9:00am  High Fitness - Holly
9:00am  Extreme HIIT - Elena
10:00am Zumba - Lori
5:00pm  Zumba - Tracy
6:00pm  Total Body - Sharra
6:15pm  Yoga - Tracy

FRIDAY
5:30am  Boot Camp - Sharra
6:00am  Barre - Chantell
8:00am  AOA Pilates - Michelle
9:00am  Water Ex HIIT - Michelle
9:00am  Zumba - Lori
10:00am  Fly Swatter Volleyball

WEDNESDAY
5:30am  HIIT - Holly
6:30am  Sunrise Yoga - Penelope
8:45am  Body Sculpt - Holly
9:00am  Kettlebell Flow - Sharra
9:00am  Water Aerobics - Michelle
10:00am  Butts and Guts - Sharra
1:00pm  Chari Yoga - Tracy
4:00pm  Spin - Penelope

SATURDAY
8:30am  High Fitness - Holly
10:00am  Yoga - Kaylie

For more class information please visit
Meridianservice.org