

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

TUESDAY

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

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
- 4:00pm Spin - Penelope

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

FRIDAY

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

SATURDAY

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

*COMING IN JANUARY

FOR MORE CLASS INFORMATION PLEASE VISIT

MERIDIANSERVICE.ORG