

FWF Wellness, 211 Desmond Street, Sayre, PA

October 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		5:15 am Rockin' Ride w/Sheila 9:15 am Stability Ball w/Jenn 12-2 pm Open Gym 12:15 pm Zumba Fab w/Elizabeth 5:00 pm Pound w/Shannon H 6:00 pm Bodybeatz w/Rachel 7:15 pm Rockin' Ride w/Rachel	5:15 am STRONG 30 w/Wendy 9:15 am Rockin' Ride w/Jenn 12-2 pm Open Gym 4:00 pm Zumba Kids w/Melissa 5:00 pm STRONG w/Jenn 5:00 pm Pound the Pvmnt w/Annie 6:00 pm Pound w/Shannon H 7:15 pm Rockin' Ride w/Rachel	5:15 am Rockin' Ride w/Sheila 8:15 am Intervals Express w/Nicole 9:15 am Zumba Toning w/Nicole 12-2 pm Open Gym 5:00 pm Interval Weights w/Kirsten 5:00 pm Pound the Pvmnt w/Annie 6:00 pm AMRAP Isometrics w/Shannon A 7:15 pm Zumba Fabulous w/Elizabeth	5:15 am Power Circuit * w/Shannon A 8:15 am STRONG w/Nicole 9:15 am Stability Ball w/Jenn 10:15 am Rockin' Ride w/Jenn 12-2 pm Open Gym 4:45 pm TRANSFORM w/Abby 5:00 pm Pound the Pvmnt w/Annie 5:30 pm Rockin' Ride w/Rachel	8:00 am Rockin' Ride w/Kirsten 9:00 am Zumba w/Nicole 10:30 am Zumbini w/Amanda 8:00 am Rockin' Ride w/Kristina 9:00 am Zumba w/Leanne
	6	7	8	9	10	11
8:00 am Rockin' Ride w/Kirsten 9:00 am STRONG w/Nicole 10:15 am Rockin' Ride w/Nicole	5:30 am TRANSFORM w/Abby 6:00 am STRONG 30 w/Wendy 8:15 am Intervals Express w/Nicole 9:15 am Zumba w/Nicole 12-2 pm Open Gym 4:00 pm Zumba Kids w/Melissa 5:00 pm Interval Weights w/Kirsten 5:00 pm Pound the Pvmnt w/Annie 6:00 pm Rockin' Ride w/Rachel 7:15 pm Fitness Fusion w/Shannon A.	5:15 am Rockin' Ride w/Sheila 9:15 am Stability Ball w/Jenn 12-2 pm Open Gym 12:15 pm Zumba Fab w/Elizabeth 5:00 pm Pound w/Shannon H 6:00 pm Bodybeatz w/Rachel 7:15 pm Rockin' Ride w/Kirsten	5:15 am STRONG 30 w/Wendy 9:15 am Rockin' Ride w/Jenn 12-2 pm Open Gym 4:00 pm Zumba Kids w/Melissa 5:00 pm STRONG w/Jenn 5:00 pm Pound the Pvmnt w/Annie 6:00 pm Piloxing Barre w/Kristina 7:15 pm Rockin' Ride w/Rachel	5:15 am Rockin' Ride w/Sheila 8:15 am Intervals Express w/Nicole 9:15 am Zumba Toning w/Nicole 12-2 pm Open Gym 5:00 pm Interval Weights w/Kirsten 5:00 pm Pound the Pvmnt w/Annie 6:00 pm AMRAP Isometrics w/Shannon A 7:15 pm Zumba Fabulous w/Elizabeth	5:15 am Power Circuit * w/Shannon A 8:15 am STRONG w/Nicole 9:15 am Stability Ball w/Jenn 10:15 am Rockin' Ride w/Jenn 12-2 pm Open Gym 4:45 pm TRANSFORM w/Abby 5:00 pm Pound the Pvmnt w/Annie 5:30 pm Rockin' Ride w/Rachel	8:00 am Rockin' Ride w/Kristina 9:00 am Zumba w/Leanne
	13	14	15	16	17	18
7:00 am Rockin' Ride w/Kirsten 9:00 am STRONG w/Nicole 10:15 am Rockin' Ride w/Kristina	5:30 am TRANSFORM w/Abby 6:00 am STRONG 30 w/Wendy 8:15 am Intervals Express w/Nicole 9:15 am Zumba w/Nicole 12-2 pm Open Gym 4:00 pm Zumba Kids w/Melissa 5:00 pm Interval Weights w/Kirsten 5:00 pm Pound the Pvmnt w/Annie 6:00 pm Rockin' Ride w/Rachel 7:15 pm Fitness Fusion w/Shannon A.	5:15 am Rockin' Ride w/Sheila 9:15 am Stability Ball w/Jenn 12-2 pm Open Gym 12:15 pm Zumba Fab w/Elizabeth 5:00 pm Pound w/Shannon H 6:00 pm Bodybeatz w/Rachel 7:15 pm Rockin' Ride w/Kristina	5:15 am STRONG 30 w/Wendy 9:15 am Rockin' Ride w/Jenn 12-2 pm Open Gym 4:00 pm Zumba Kids w/Melissa 5:00 pm STRONG w/Jenn 5:00 pm Pound the Pvmnt w/Annie 6:00 pm Piloxing Barre w/Kristina 7:15 pm Rockin' Ride w/Rachel	5:15 am Rockin' Ride w/Sheila 8:15 am Intervals Express w/Nicole 9:15 am Zumba Toning w/Nicole 12-2 pm Open Gym 5:00 pm Interval Weights w/Kirsten 5:00 pm Pound the Pvmnt w/Annie 6:00 pm AMRAP Isometrics w/Shannon A 7:15 pm Zumba Fabulous w/Elizabeth	5:15 am Power Circuit * w/Wendy 8:15 am STRONG w/Nicole 9:15 am Stability Ball w/Jenn 10:15 am Rockin' Ride w/Jenn 12-2 pm Open Gym 4:45 pm TRANSFORM w/Abby 5:00 pm Pound the Pvmnt w/Annie 5:30 pm Rockin' Ride w/Rachel	8:00 am Rockin' Ride w/Kristina 9:00 am Zumba w/Leanne 10:30 am Zumbini w/Amanda Guthrie Ladies Day Out
	20	21	22	23	24	25
7:00 am Rockin' Ride w/Kirsten 9:00 am STRONG w/Nicole 10:15 am Rockin' Ride w/Kristina	5:30 am TRANSFORM w/Abby 6:00 am STRONG 30 w/Wendy 8:15 am Intervals Express w/Nicole 9:15 am Zumba w/Nicole 12-2 pm Open Gym 4:00 pm Zumba Kids w/Melissa 5:00 pm Interval Weights w/Kirsten 5:00 pm Pound the Pvmnt w/Annie 6:00 pm Rockin' Ride w/Rachel	5:15 am Rockin' Ride w/Sheila 9:15 am Stability Ball w/Jenn 12-2 pm Open Gym 12:15 pm Zumba Fab w/Elizabeth 5:00 pm Pound w/Shannon H 6:00 pm Bodybeatz w/Rachel 7:15 pm Rockin' Ride w/Kristina	5:15 am STRONG 30 w/Wendy 9:15 am Rockin' Ride w/Jenn 12-2 pm Open Gym 4:00 pm Zumba Kids w/Melissa 5:00 pm STRONG w/Jenn 5:00 pm Pound the Pvmnt w/Annie 6:00 pm Piloxing Barre w/Kristina 7:00 - 9:00 MONSTER MASHUP	5:15 am Rockin' Ride w/Sheila 8:15 am Intervals Express w/Nicole 9:15 am Zumba Toning w/Nicole 12-2 pm Open Gym 5:00 pm Interval Weights w/Kirsten 5:00 pm Pound the Pvmnt w/Annie 6:00 pm AMRAP Isometrics w/Shannon A 7:15 pm Zumba Fabulous w/Elizabeth	5:15 am Power Circuit * w/Shannon A 8:15 am STRONG w/Nicole 9:15 am Stability Ball w/Jenn 10:15 am Rockin' Ride w/Jenn 12-2 pm Open Gym 4:45 pm TRANSFORM w/Abby 5:00 pm Pound the Pvmnt w/Annie 5:30 pm Rockin' Ride w/Rachel	8:00 am Rockin' Ride w/Kristina 9:00 am Zumba w/Leanne 10:30 am Zumbini w/Amanda
	27	28	29	30	31	
7:00 am Rockin' Ride w/Kirsten 9:00 am STRONG w/Nicole 10:15 am Rockin' Ride w/Kristina	5:30 am TRANSFORM w/Abby 6:00 am STRONG 30 w/Wendy 8:15 am Intervals Express w/Nicole 9:15 am Zumba w/Nicole 12-2 pm Open Gym 4:00 pm Zumba Kids w/Melissa 5:00 pm Interval Weights w/Kirsten 5:00 pm Pound the Pvmnt w/Annie 6:00 pm Rockin' Ride w/Rachel 7:15 pm Fitness Fusion w/Shannon A.	5:15 am Rockin' Ride w/Sheila 9:15 am Stability Ball w/Jenn 12-2 pm Open Gym 12:15 pm Zumba Fab w/Elizabeth 5:00 pm Pound w/Shannon H 6:00 pm Bodybeatz w/Rachel 7:15 pm Rockin' Ride w/Kirsten	5:15 am STRONG 30 w/Wendy 9:15 am Rockin' Ride w/Jenn 12-2 pm Open Gym 4:00 pm Zumba Kids w/Melissa 5:00 pm STRONG w/Jenn 5:00 pm Pound the Pvmnt w/Annie 6:00 pm Piloxing Barre w/Kristina 7:15 pm Rockin' Ride w/Rachel	HAPPY HALLOWEEN	5:15 am Rockin' Ride w/Sheila 8:15 am Intervals Express w/Nicole 9:15 am Zumba Toning w/Nicole 12-2 pm Open Gym 5:00 pm Interval Weights w/Kirsten 6:00 pm AMRAP Isometrics w/Shannon A 7:15 pm Zumba Fabulous w/Elizabeth	

All Rockin' Ride classes require advanced registration, please contact us or reserve online at www.fwfwellness.com. **Subbed class - may be different from regularly scheduled class.

*Power Circuit Requires advanced registration.