

FWF Wellness - 211 Desmond Street, Sayre

August 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
						7:00 am Rockin' Ride w/Kristina 8:00 am Rockin' Ride w/Kristina 9:15 am Bodybeatz w/Jen M 10:30 am Pound w/Shannon
** Wednesday Rockin' Ride w/Jenn - special price for a 2-hour ride						
2	3	4	5	6	7	8
8:00 am Rockin' Ride/Run w/Kirsten 9:15 am STRONG 60 w/Nicole 10:30 am Rockin' Ride/Run w/Kristina 6:00 pm Pound the Pvmnt w/Annie	8:15 am Intervals Express w/Nicole 9:15 am Zumba w/Nicole 12:00 pm Rockin' Ride w/Kristina 4:00 pm HIIT It w/Jen 5:00 pm Interval Weights w/Kirsten 6:00 pm RAGE w/Rachel 6:00 pm Pound the Pvmnt w/Annie 7:15 pm Fitness Fusion w/Shannon H.	5:15 am Rockin' Ride w/Sheila 7:00 am Rockin' Ride w/Nicole 8:15 am Total Body Pilates w/Jen M 9:30 am STRONG 60 w/Jenn 12:15 pm Zumba Fabulous w/Elizabeth 5:00 pm Pound w/Shannon H 6:00 pm Bodybeatz w/Rachel 7:15 pm Rockin' Ride w/Kirsten	8:15 am Rockin' Ride/Run w/Jenn** 9:15 am Rockin' Ride/Run w/Jenn** 5:00 pm STRONG 60 w/Jenn 6:00 pm Pound the Pvmnt w/Annie 6:15 pm Strength & Flow w/Jen 7:15 pm Rockin' Ride/Run w/Rachel	5:15 am Rockin' Ride w/Sheila 8:15 am Intervals Express w/Nicole 9:15 am Zumba Toning w/Nicole 5:00 pm Interval Weights w/Kirsten 6:00 pm AMRAP w/Shannon A 6:00 pm Pound the Pvmnt w/Annie 7:15 pm Zumba Fabulous w/Elizabeth	5:15 am Power Circuit w/Shannon A 7:00 am Rockin' Ride/Run w/Shannon H 8:15 am Interval Weights w/Kirsten 4:00 pm Rockin' Ride w/Kirsten 5:30 pm Rockin' Ride/Run w/Rachel	7:00 am Rockin' Ride w/Kristina 8:00 am Rockin' Ride w/Kristina 9:15 am Bodybeatz w/Jen M 10:30 am Pound w/Shannon
9	10	11	12	13	14	15
8:00 am Rockin' Ride/Run w/Kirsten 9:15 am STRONG 60 w/Wendy 10:30 am Rockin' Ride/Run w/Kristina 6:00 pm Pound the Pavemer w/Annie	8:15 am Intervals Express w/Nicole 9:15 am Zumba w/Nicole 12:00 pm Rockin' Ride w/Kristina 4:00 pm HIIT It w/Jen 5:00 pm Interval Weights w/Kirsten 6:00 pm RAGE w/Rachel 6:00 pm Pound the Pvmnt w/Annie 7:15 pm Fitness Fusion w/Shannon A.	5:15 am Rockin' Ride w/Sheila 7:00 am Rockin' Ride w/Nicole 8:15 am Total Body Pilates w/Jen M 9:30 am STRONG 60 w/Jenn 12:15 pm Zumba Fabulous w/Elizabeth 5:00 pm Pound w/Shannon H 6:00 pm Bodybeatz w/Rachel 7:15 pm Rockin' Ride w/Kirsten	8:15 am Rockin' Ride/Run w/Jenn** 9:15 am Rockin' Ride/Run w/Jenn** 5:00 pm STRONG 60 w/Jenn 6:00 pm Pound the Pvmnt w/Annie 6:15 pm Strength & Flow w/Jen 7:15 pm Rockin' Ride/Run w/Rachel	5:15 am Rockin' Ride w/Sheila 8:15 am Intervals Express w/Nicole 9:15 am Zumba Toning w/Nicole 5:00 pm Interval Weights w/Kirsten 6:00 pm AMRAP w/Shannon A 6:00 pm Pound the Pvmnt w/Annie 7:15 pm Zumba Fabulous w/Elizabeth	5:15 am Power Circuit w/Shannon A 7:00 am Rockin' Ride/Run w/Nicole 8:15 am STRONG 60 w/Nicole 9:30 am Rockin' Ride w/Jenn 4:00 pm Rockin' Ride w/Kirsten 5:30 pm Rockin' Ride/Run w/Rachel	7:00 am Rockin' Ride w/Kristina 8:00 am Rockin' Ride w/Kristina 9:15 am Bodybeatz w/Jen M 10:30 am Pound w/Shannon
16	17	18	19	20	21	22
8:00 am Rockin' Ride/Run w/Kirsten 9:15 am STRONG 60 w/Nicole 10:30 am Rockin' Ride/Run w/Shannon H 6:00 pm Pound the Pavemer w/Annie	8:15 am Intervals Express w/Nicole 9:15 am Zumba w/Nicole 12:00 pm Rockin' Ride w/Shannon H 4:00 pm HIIT It w/Jen 5:00 pm Interval Weights w/Kirsten 6:00 pm RAGE w/Rachel 6:00 pm Pound the Pvmnt w/Annie 7:15 pm Fitness Fusion w/Shannon H	5:15 am Rockin' Ride w/Sheila 7:00 am Rockin' Ride w/Nicole 8:15 am Total Body Pilates w/Jen M 9:30 am STRONG 60 w/Jenn 12:15 pm Zumba Fabulous w/Elizabeth 5:00 pm Pound w/Shannon H 6:00 pm Bodybeatz w/Rachel 7:15 pm Rockin' Ride w/Kirsten	8:15 am Rockin' Ride/Run w/Jenn** 9:15 am Rockin' Ride/Run w/Jenn** 5:00 pm STRONG 60 w/Jenn 6:00 pm Pound the Pvmnt w/Annie 6:15 pm Strength & Flow w/Jen 7:15 pm Rockin' Ride/Run w/Rachel	5:15 am Rockin' Ride w/Sheila 8:15 am Intervals Express w/Nicole 9:15 am Zumba Toning w/Nicole 5:00 pm Interval Weights w/Kirsten 6:00 pm AMRAP w/Shannon H 6:00 pm Pound the Pvmnt w/Annie 7:15 pm Zumba Fabulous w/Elizabeth	5:15 am Power Circuit w/Shannon H 7:00 am Rockin' Ride/Run w/Nicole 8:15 am STRONG 60 w/Nicole 9:30 am Rockin' Ride w/Jenn 4:00 pm Rockin' Ride w/Kirsten 5:30 pm Rockin' Ride/Run w/Rachel	7:00 am Rockin' Ride w/Kirsten 8:00 am Rockin' Ride w/Kirsten 9:15 am Bodybeatz w/Jen M 10:30 am Pound w/Shannon
23	24	25	26	27	28	29
8:00 am Rockin' Ride/Run w/Shannon H 9:15 am STRONG 60 w/Nicole 10:30 am Rockin' Ride/Run w/Kristina 6:00 pm Pound the Pavemer w/Annie	8:15 am Intervals Express w/Nicole 9:15 am Zumba w/Nicole 12:00 pm Rockin' Ride w/Kristina 4:00 pm HIIT It w/Jen 5:00 pm Interval Weights w/Kirsten 6:00 pm RAGE w/Rachel 6:00 pm Pound the Pvmnt w/Annie 7:15 pm Fitness Fusion w/Shannon A.	5:15 am Rockin' Ride w/Sheila 7:00 am Rockin' Ride w/Nicole 8:15 am Total Body Pilates w/Jen M 9:30 am STRONG 60 w/Jenn 12:15 pm Zumba Fabulous w/Elizabeth 5:00 pm Pound w/Shannon H 6:00 pm Bodybeatz w/Rachel 7:15 pm Rockin' Ride w/Kirsten	8:15 am Rockin' Ride/Run w/Jenn** 9:15 am Rockin' Ride/Run w/Jenn** 5:00 pm STRONG 60 w/Jenn 6:00 pm Pound the Pvmnt w/Annie 6:15 pm Strength & Flow w/Jen 7:15 pm Rockin' Ride/Run w/Rachel	5:15 am Rockin' Ride w/Sheila 8:15 am Intervals Express w/Nicole 9:15 am Zumba Toning w/Nicole 5:00 pm Interval Weights w/Kirsten 6:00 pm AMRAP w/Shannon A 6:00 pm Pound the Pvmnt w/Annie 7:15 pm Zumba Fabulous w/Elizabeth	5:15 am Power Circuit w/Shannon A 7:00 am Rockin' Ride/Run w/Nicole 8:15 am STRONG 60 w/Nicole 9:30 am Rockin' Ride w/Jenn 4:00 pm Rockin' Ride w/Kirsten 5:30 pm Rockin' Ride/Run w/Rachel	7:00 am Rockin' Ride w/Kristina 8:00 am Rockin' Ride w/Kristina 9:15 am Bodybeatz w/Jen M 10:30 am Pound w/Shannon
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