

FWF Wellness, 211 Desmond Street, Sayre, PA

September 2019

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
1	7:00 am Rockin' Ride w/Kirsten 9:00 am STRONG by Zumba w/Nicole 10:15 am Rockin' Ride w/Rachel	2	5:30 am TRANSFORM *30 min* w/Abby 8:15 am Intervals Express w/Nicole 9:15 am Zumba w/Nicole 10:30 am Rockin' Ride w/Kirsten	3	5:15 am Rockin' Ride w/Sheila 9:15 am Stability Ball w/Rachel 12-2 pm Open Gym 12:15 pm Zumba Fabulous w/Elizabeth 5:00 pm Ab Blast w/Kirsten 6:00 pm Bodybeatz w/Rachel 7:15 pm Rockin' Ride w/Kirsten	4	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 Pound the Pavement w/Annie 6:00 pm Piloxing Barre w/Kristina 7:15 pm Rockin' Ride w/Jenn	5	5:15 am Rockin' Ride w/Sheila 6:00 am Interval Weights w/Wendy 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 Pavement w/Annie 6:00 pm AMRAP Isometrics w/Shannon 7:15 pm Zumba Fabulous w/Elizabeth	6	5:15 am Power Circuit * w/Wendy 8:15 am STRONG by Zumba 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 *30 min* w/Abby 5:00 pm Pound the Pavement w/Annie 5:30 pm Rockin' Ride w/Rachel	7	8:00 am Rockin' Ride w/Kristina 9:00 am Bodybeatz w/Rachel
8	7:00 am Rockin' Ride w/Kirsten 9:00 am STRONG by Zumba w/Nicole 10:15 am Rockin' Ride w/Kristina 11:30 am Zumba Jam Session Zumba instructors only	9	5:30 am TRANSFORM *30 min* w/Abby 6:00 am STRONG by Zumba 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 Pavement w/Annie 6:00 pm Rockin' Ride w/Rachel	10	5:15 am Rockin' Ride w/Sheila 9:15 am Stability Ball w/Jenn 12-2 pm Open Gym 5:00 pm Ab Blast w/Kirsten 6:00 pm Bodybeatz w/Rachel 7:15 pm Rockin' Ride w/Kirsten	11	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 by Zumba w/Jenn 5:00 pm Pound the Pavement w/Annie 6:00 pm Piloxing Barre w/Kristina 7:15 pm Rockin' Ride w/Rachel	12	5:15 am Rockin' Ride w/Sheila 6:00 am Interval Weights w/Wendy 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 Pavement w/Annie 6:00 pm AMRAP Isometrics w/Jenn	13	5:15 am Power Circuit * w/Wendy 8:15 am STRONG by Zumba 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 *30 min* w/Abby 5:00 pm Pound the Pavement w/Annie 5:30 pm Rockin' Ride w/Rachel	14	8:00 am Rockin' Ride w/Kristina 9:00 am Bodybeatz w/Rachel
15	7:00 am Rockin' Ride w/Kirsten 9:00 am STRONG by Zumba w/Nicole 10:15 am Rockin' Ride w/Kristina	16	5:30 am TRANSFORM *30 min* w/Abby 6:00 am STRONG by Zumba 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 Pavement w/Annie 6:00 pm Rockin' Ride w/Kirsten 7:15 pm Fitness Fusion w/Shannon A.	17	5:15 am Rockin' Ride w/Rachel 9:15 am Stability Ball w/Jenn 12-2 pm Open Gym 5:00 pm Pound w/Shannon H. 6:00 pm Bodybeatz w/Rachel 7:15 pm Rockin' Ride w/Rachel	18	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 by Zumba w/Jenn 5:00 pm Pound the Pavement w/Annie 6:00 pm Piloxing Barre w/Kristina 7:15 pm Rockin' Ride w/Rachel	19	5:15 am Rockin' Ride w/Rachel 6:00 am Interval Weights w/Wendy 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/Wendy 5:00 pm Pound the Pavement w/Annie 6:00 pm AMRAP Isometrics w/Shannon 7:15 pm Zumba Fabulous w/Elizabeth	20	5:15 am Power Circuit * w/Shannon A. 8:15 am STRONG by Zumba 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 *30 min* w/Abby 5:00 pm Pound the Pavement w/Annie 5:30 pm Rockin' Ride w/Rachel	21	8:00 am Rockin' Ride w/Kristina 9:00 am Zumba w/Leanne
22	7:00 am Rockin' Ride w/Kirsten 9:00 am STRONG by Zumba w/Nicole 10:15 am Rockin' Ride w/Kristina	23	5:30 am TRANSFORM *30 min* w/Abby 6:00 am STRONG by Zumba 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 Pavement w/Annie 6:00 pm Rockin' Ride w/Kirsten 7:15 pm Fitness Fusion w/Shannon A.	24	5:15 am Rockin' Ride w/Sheila 9:15 am Stability Ball w/Jenn 12-2 pm Open Gym 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/Rachel	25	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 by Zumba w/Jenn 5:00 pm Pound the Pavement w/Annie 6:00 pm Piloxing Barre w/Kristina 7:15 pm Rockin' Ride w/Rachel	26	5:15 am Rockin' Ride w/Sheila 6:00 am Interval Weights w/Wendy 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 Pavement w/Annie 6:00 pm AMRAP Isometrics w/Shannon 7:15 pm Zumba Fabulous w/Elizabeth	27	5:15 am Power Circuit * w/Shannon A. 8:15 am STRONG by Zumba 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 *30 min* w/Abby 5:00 pm Pound the Pavement w/Annie 5:30 pm Rockin' Ride w/Rachel	28	8:00 am Rockin' Ride w/Kristina 9:00 am Zumba w/Leanne
29	7:00 am Rockin' Ride w/Kirsten 9:00 am STRONG by Zumba w/Nicole 10:15 am Rockin' Ride w/Kristina	30	5:30 am TRANSFORM *30 min* w/Abby 6:00 am STRONG by Zumba 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 Pavement w/Annie 6:00 pm Rockin' Ride w/Rachel 7:15 pm Fitness Fusion w/Shannon A.										

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.