

**FWF Wellness, 211 Desmond Street, Sayre, PA**

**August 2019**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b>	<b>2</b>
				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 4:00 pm OP Training w/Casey 5:00 pm Interval Weights w/Wendy 6:00 pm AMRAP Isometrics w/Shannon 7:15 pm Zumba Fabulous w/Elizabeth	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 12-2 pm Open Gym 5:30 pm Rockin' Ride w/Rachel	8:00 am Rockin' Ride w/Rachel 9:00 am Bodybeatz w/Rachel 10:30 am Zumbini w/Amanda
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
7:00 am Rockin' Ride w/Kirsten 9:00 am STRONG by Zumba w/Nicole 10:15 am Rockin' Ride w/Rachel	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 6:00 pm Rockin' Ride w/Kirsten 7:15 pm Fitness Fusion w/Shannon A.	5:15 am Rockin' Ride w/Sheila 9:15 am Stability Ball w/Jenn 10:30 am Zumbini w/Amanda 12-2 pm Open Gym 12:15 pm Zumba Fabulous w/Elizabeth 4:00 pm OP Training w/Casey 5:00 pm Pound w/Shannon H. 6:00 pm Bodybeatz w/Rachel 7:15 pm Rockin' Ride w/Kirsten	9:15 am Rockin' Ride w/Jenn 12-2 pm Open Gym 4:00 pm Zumba Kids w/Melissa 5:00 pm Pound w/Shannon H. 6:00 pm Piloxing Barre w/Kristina 7:15 Rockin' Ride w/Jenn	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 4:00 pm OP Training w/Casey 5:00 pm Interval Weights w/Kirsten 6:00 pm AMRAP Isometrics w/Shannon 7:15 pm Zumba Fabulous w/Elizabeth	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 5:30 pm Rockin' Ride w/Rachel	7:00 am Rockin' Ride w/Kristina ** STRONG by Zumba Instructor Training Modified Schedule**
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
7:00 am Rockin' Ride w/Kirsten 9:00 am STRONG by Zumba w/Nicole 10:15 am Rockin' Ride w/Rachel  **SBZ SyncLab**	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 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 10:30 am Zumbini w/Amanda 12-2 pm Open Gym 12:15 pm Zumba Fabulous w/Elizabeth 4:00 pm OP Training w/Casey 5:00 pm Pound w/Shannon H. 6:00 pm Bodybeatz w/Rachel 7:15 pm Rockin' Ride w/Kirsten	9:15 am Rockin' Ride w/Jenn 12-2 pm Open Gym 4:00 pm Zumba Kids w/Melissa 5:15 pm AMRAP w/Shannon A. 6:00 pm Piloxing Barre w/Kristina 7:15 Rockin' Ride w/Jenn	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 4:00 pm OP Training w/Casey 5:00 pm Interval Weights w/Kirsten 6:00 pm AMRAP Isometrics w/Shannon 7:15 pm Zumba Fabulous w/Elizabeth	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 5:30 pm Rockin' Ride w/Rachel	8:00 am Rockin' Ride w/Kristina 9:00 am Bodybeatz w/Rachel 10:30 am Zumbini w/Amanda
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
7:00 am Rockin' Ride w/Kirsten 9:00 am STRONG by Zumba w/Nicole 10:15 am Rockin' Ride w/Rachel	8:15 am Intervals Express w/Nicole 9:15 am Zumba w/Nicole 12-2 pm Open Gym 4:00 pm Zumba Kids *New Session w/Melissa 5:00 pm Interval Weights w/Kirsten 6:00 pm Rockin' Ride w/Rachel 7:15 pm Fitness Fusion w/Shannon A.	5:15 am Rockin' Ride w/Rachel 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/Kirsten	9:15 am Rockin' Ride w/Jenn 12-2 pm Open Gym 4:00 pm Zumba Kids w/Melissa 5:15 pm AMRAP w/Shannon A. 6:00 pm Piloxing Barre w/Kristina 7:15 Rockin' Ride w/Jenn	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 4:00 pm OP Training w/Casey 5:00 pm Interval Weights w/Kirsten 6:00 pm AMRAP Isometrics w/Shannon 7:15 pm Zumba Fabulous w/Elizabeth	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 5:30 pm Rockin' Ride w/Rachel	8:00 am Rockin' Ride w/Kristina 9:00 am Zumba Master Class w/ Nicole, Leanne & Elizabeth!!
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
7:00 am Rockin' Ride w/Kirsten 9:00 am STRONG by Zumba w/Nicole 10:15 am Rockin' Ride w/Rachel	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 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 Fabulous w/Elizabeth 5:00 pm Pound w/Shannon H. 6:00 pm Bodybeatz w/Rachel 7:15 pm Rockin' Ride w/Kirsten	9:15 am Rockin' Ride w/Jenn 12-2 pm Open Gym 4:00 pm Zumba Kids w/Melissa 5:00 pm Core de Force w/Abby 6:00 pm Beginner PIYO w/Kirsten 7:15 Rockin' Ride w/Jenn	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 4:00 pm OP Training w/Casey 5:00 pm Interval Weights w/Kirsten 6:00 pm AMRAP Isometrics w/Shannon 7:15 pm Zumba Fabulous w/Elizabeth	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 5:30 pm Rockin' Ride w/Rachel	8:00 am Rockin' Ride w/Kirsten 9:00 am Bodybeatz w/Rachel

All Rockin' Ride classes require advanced registration, please contact us or reserve online at [www.fwfwellness.com](http://www.fwfwellness.com). \*\*Subbed class - may be different from regularly scheduled class.