



SECONDFIT

# SECONDFIT GROUP EXERCISE SCHEDULE

Back-to-school 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKENDS
<b>6:15 AM Interval Conditioning</b> 45 min Veronica Aerobics		<b>6:15 AM Kickboxing Intervals</b> 45 min Veronica Aerobics			
<b>8:10 AM Power Cycle xpress</b> 30 min Kristy Cycling	<b>8:00 AM Strength &amp; Sweat</b> 45 min Erica Aerobics	<b>8:10 AM PowerFlex/Strength *</b> 50/70 min Kristy Aerobics <i>* Now with optional 20-min Mobility &amp; Stability Training - 8:55-9:15 Your back, hips &amp; shoulders will thank you!</i>	<b>8:00 AM TR-X-it!</b> 45 min Veronica TRX	<b>8:10 AM Bounce!</b> 50 min Kristy Aerobics	<b>SATURDAYS</b> <i>Don't miss Saturdays with Duncan!</i> <b>9:15 AM - Circuit Training &amp; Core</b> 50 min Duncan Aerobics Room
<b>8:45 AM Barre &amp; Muscle Sculpt</b> 50 min Kristy Aerobics	<b>9:00 AM Extra Strength</b> 15 min Kristy Aerobics <b>9:15 AM Bounce!</b> 50 min Kristy Aerobics	<b>9:20 AM Xpress Cardio Step</b> 20 min Kristy Aerobics	<b>9:15 AM Strength &amp; Sweat *</b> 50 min Kristy Aerobics <i>* this class will move to 8:45am on Aug. 29</i> <b>9:30 AM Athletic Recovery Flow *</b> 30 min Kristy Aerobics <i>* starts on Thursday, August 29!</i>	<b>9:00 AM Functional Strength Training</b> 25 min Kristy Aerobics <b>9:30 AM Cardio Dance/Zumba!</b> 45 min Tina & Kristy Aerobics	<b>SUNDAYS</b> <i>...And don't miss Flow on Sundays - now at 12:30 with Sarah Carothers!</i> <b>12:30 PM - Flow</b> 45 min Sarah C. Aerobics Room
<b>9:45 AM Cardio Dance xpress!</b> 30 min Tina & Kristy Studio <b>9:45 AM Flow *</b> 50 min Barbara Aerobics <i>* starts on Monday, Sept. 2nd!</i>		<b>9:45 AM Cardio Dance/Zumba!</b> 40 min Tina & Kristy Aerobics			
<b>10:30 AM Chair Flow</b> 45 min Arlene Studio <b>10:45 AM Muscle Sculpt &amp; Strength</b> 45 min Tina Aerobics	<b>10:45 AM Conditioning</b> 45 min Leah Aerobics	<b>10:45 AM Fit Mat Pilates</b> 45 min Janice Aerobics	<b>10:45 AM Conditioning</b> 45 min Leah Aerobics	<b>10:30 AM Restorative Flow</b> 50 min Arlene Studio	
<b>12:00 PM Flow</b> 45 min Sarah C. Aerobics					
<b>6:00 PM Restorative Flow</b> 45 min Arlene Studio		<b>5:30 PM Restorative Flow</b> 45 min Arlene Studio			<i>Questions about Group Exercise?            Please contact Kristy Holiday at 713.365.2315 or kholiday@second.org</i>