



SECONDFIT

SECONDFIT GROUP EXERCISE SCHEDULE

Back-to-School 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKENDS
6:15 AM Interval Conditioning 45 min Veronica Aerobics		6:15 AM Kickboxing Intervals 45 min Veronica Aerobics			
8:10 AM Power Cycle xpress 25 min Kristy Cycling	8:00 AM Strength & Sweat 45 min Erica Aerobics	8:00 AM Restorative Flow 45 min Arlene Studio 8:10 AM PowerFlex/Strength 60 min Kristy Aerobics <i>* Mobility/Stability will be included in the workout!</i>	8:00 AM TR-X-it! 45 min Veronica TRX	8:10 AM Bounce! 50 min Kristy Aerobics	SATURDAYS <i>Don't miss Saturdays with Duncan!</i> 9:15 AM - Circuit Training & Core 50 min Duncan Aerobics Room
8:40 AM Barre & Muscle Sculpt 50 min Kristy Aerobics			8:45 AM Mobility & Stability Warm-Up! 15 min Kristy Aerobics		
	9:00 AM Bounce! 60 min Kristy Aerobics	9:20 AM Xpress Cardio Step 20 min Kristy Aerobics	9:00 AM Strength & Sweat 50 min Kristy Aerobics <i>* with optional extra stretching afterward!</i>	9:05 AM Extra Strength - Functional 15 min Kristy Aerobics	
9:45 AM Cardio Dance xpress! 30 min Tina & Kristy Studio 9:45 AM Flow * 50 min Barbara Aerobics		9:45 AM Cardio Dance/Zumba! 40 min Tina & Kristy Aerobics		9:30 AM Cardio Dance/Zumba! 45 min Tina & Kristy Aerobics	SUNDAYS <i>...And don't miss Flow on Sundays - now at 12:30 with Sarah Carothers!</i> 12:30 PM - Flow 45 min Sarah C. Aerobics Room
10:30 AM Chair Flow 45 min Arlene Studio 10:45 AM Muscle Sculpt & Strength 45 min Tina Aerobics	10:45 AM Conditioning 45 min Leah Aerobics	10:45 AM Fit Mat Pilates 45 min Janice Aerobics	10:45 AM Conditioning 45 min Leah Aerobics	10:30 AM Restorative Flow 50 min Arlene Studio	
12:00 PM Flow 45 min Sarah C. Aerobics					
6:00 PM Restorative Flow 45 min Arlene Studio		5:30 PM Restorative Flow 45 min Arlene Studio			<i>Questions about Group Exercise? Please contact Kristy Hollidy at 713.365.2315 or khollidy@second.org</i>