

# THORBECKES FITLIFE CENTERS

## GROUP FITNESS FALL SCHEDULE

Nov. 10, 2016

CENTRALIA ----- Group Fitness Studio *Cycling Studio						
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00am		Indoor Cycling*		Indoor Cycling*	Dynamic Bootcamp	
8:15am	Dynamic Bootcamp	Cardio Combo	Rep Reebok	Cardio Combo	Cardio Combo	
9:15am	ZUMBA	Beginning Bootcamp		Core & Flex		
10:30am	SeniorStretch	SilverSneakers	SeniorStretch	SilverSneakers	SeniorStretch	
1:30pm		SilverSneakers		SilverSneakers		
4:30pm	TurboKick	Indoor Cycling*	Barre	Indoor Cycling*	<b>NEW!</b> CIZE	
5:30pm	Rep Reebok	ZUMBA	TurboKick	ZUMBA		
6:30pm		STRIDE				

AQUATIC CENTER ----- At Centralia Thorbeckes						
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00am		HydroWorks		HydroWorks		
7:00am	HydroWorks		HydroWorks		HydroWorks	
9:00am	HydroWorks	HydroWorks	HydroWorks	HydroWorks	HydroWorks	HydroWorks
11:00am	HydroWorks	HydroWorks	HydroWorks	HydroWorks	HydroWorks	
6:00pm	HydroWorks	HydroWorks		HydroWorks		

CHEHALIS ----- Group Fitness Studio						
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45am	<b>NEW!</b> Pure Strength		Cardio Sculpt			
8:45am	KettleBell AMPD	Pilates	TurboKick	Rep Reebok	Barre	Dynamic Bootcamp
10:00am	SeniorFit	SilverSneakers	ZUMBA (for seniors)	SilverSneakers	SeniorFit	
12:00pm		<b>NEW!</b> Cardio Combo		<b>NEW!</b> Kettlebell AMPD		
4:30pm	ZUMBA	KettleBell AMPD	ZUMBA	Pure Strength		
5:30pm	Barre	BodyBlitz Bootcamp	Dynamic Bootcamp	Butts N' Guts		Yellow boxes = 4 seniors

Jen Watson - Group Fitness Director

[www.thorbeckes.com](http://www.thorbeckes.com)

These classes are included in your membership.