

## FALLBROOK

**Group Fitness Schedule**  
 November 2023

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 (p)

Director I

5 SUN	6 MON	7 TUE	8 WED	9 THU	10 FRI
<b>Pound®</b> 2:00 PM Lydia D.	<b>Boot Camp</b> 5:15 AM Carla Z.	<b>Boot Camp</b> 5:15 AM Jodie J.	<b>Boot Camp</b> 5:15 AM Jim D.	<b>Boot Camp</b> 5:15 AM Tyler W.	<b>Group Cycling</b> 5:15 AM Carla Z.
<b>Yoga</b> 3:00 PM Amy A.	<b>Yoga</b> 9:30 AM Iryna P.	<b>Strength Training</b> 8:30 AM Amber H.	<b>Group Cycling</b> 5:15 AM Carla Z.	<b>Strength Training</b> 8:30 AM Amber H.	<b>Step</b> 8:30 AM Rotation 1.
	<b>Fit for Life- Cardio/Strength</b> 11:00 AM Tonya S.	<b>Yoga Vinyasa</b> 9:30 AM Chrissy M.	<b>Boot Camp</b> 8:30 AM Jana H.	<b>Group Cycling</b> 9:30 AM Jana H.	<b>Yoga</b> 9:30 AM Maggie A.
	<b>Boot Camp</b> 12:15 PM Suzi O.	<b>Boot Camp</b> 12:15 PM Johnathon H.	<b>Yoga Vinyasa</b> 9:30 AM Chrissy M.	<b>Boot Camp</b> 12:15 PM Alex R.	<b>Fit For Life Chair Stretch/Yoga</b> 11:00 AM Iryna P.
	<b>POP Pilates</b> 5:30 PM Alana F.	<b>Pound®</b> 5:30 PM Nikki D.	<b>Fit for Life- Cardio/Strength</b> 11:00 AM Tonya S.	<b>Boot Camp</b> 5:30 PM Nate H.	<b>Yin Yoga</b> 12:10 PM Iryna P.
	<b>Cycling Fusion®</b> 5:30 PM Emily W.	<b>Group Cycling</b> 5:30 PM Amber H.	<b>Boot Camp</b> 12:15 PM Kevin K.	<b>Cycling Fusion®</b> 5:30 PM Lauren F.	
	<b>Yoga</b> 6:30 PM Kari M.	<b>MixedFit®</b> 6:30 PM Sydney H.	<b>Boot Camp</b> 5:30 PM Ashley D.	<b>MixedFit®</b> 6:30 PM Sydney H. Michelle .	
			<b>Group Cycling</b> 5:30 PM Rachel V.		
			<b>Yoga</b> 6:30 PM Amy A.		