



Group Fitness Schedule March 2019

Day/Time:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am - 6:50am	Strength Circuit Trainer: Anne	Cardio Circuit Trainer: Justin	Strength Circuit Trainer: Anne	Cardio Circuit Trainer: Justin	Muscular Reset Workshop Trainer: Justin	
7:30am - 8:15am	Pilates Instructor: Sharon				Pilates Instructor: Sharon	
8:30am-9:15am	OC Small Group Train* Trainer: Justin					OC Small Group Train* Cam / Justin
9:00am-9:45am		Hatha Yoga Instructor: Sue Ellen		Hatha Yoga Instructor: Sue Ellen		
10:15am - 11:00am	S&S Trainer: Cam	Gentle Yoga Instructor: Sue Ellen	S&S Trainer: Cam	Gentle Yoga Instructor: Sue Ellen	<p>*NEW: OC Small Group Training Personalized Coaching available in a small group format for real results! Limited spots available. Please sign-up in advance, call 563.324.5284 or email wellness@theoutingclub.com \$10 per session</p>	
12:00pm - 12:50pm	Strength Circuit Trainer: Cam	Cardio Circuit Trainer: Justin	Strength Circuit Trainer: Cam	Cardio Circuit Trainer: Justin		
5:15pm - 6:05pm	Muscular Reset Workshop Trainer: Cam	Hatha Yoga Instructor: Sarah	Strength Circuit Trainer: Cam	Cardio Circuit Trainer: Cam		