

Group Fitness Schedule

www.FamilyFitnessWorks.com

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SUNDAY Not Staffed	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Classes that are held outside FFW staffed hours are for FFW Members Only. Other entry will result in trespassing charges.	5:30am : Spinning/MA	5:30am : BodyPump/KK	5:30am : Spinning/MA	5:30am : BodyPump/KK		
	8:15am : Spinning/MT	5:45am : Spinning/BR	8:15am : Spinning/MT	5:45am : Spinning/MH	5:30am : Spinning/MA/KK	7am : Spinning/KH
	8:30am : T R X/HD	8:15am : BodyPump/MT	8:30am : T R X/HD	8:15am : BodyPump/MT	8:15am : Spinning/KS	8am : BodyPump/TP/KK
	10:30am : SS*Stretch/Strength/SJ	9:30am : Spinning/KS	10:30am:SS*stability-yoga/CD	9:30am : Spinning/KS	10:30am: SS*Classic/DC	10am:JustWin/SB
7am: Spinning/JK	12pm : KettleBell/CH	10:30am: SS*Classic/DC	11am: Turbo Kick/CH	10:30am: SS*Classic/DC	4pm: Kickboxing/TD	10:30am : Zumba/SD
1pm: Zumba/SD	4:45pm:Core/KS	1:30pm:SS*Classic/SJ	12pm:ZumbaQuick Burn/JP	1:30pm:SS*Classic/SJ	5:30pm : Spinning ☆/SB/KH	
2pm: Strong Nation/KK	5:30pm: Zumba Toning/KK	4:30pm: Zumba/JP	12pm : KettleBell/CH	4:30pm:Spinning/SP		
4:30pm: Spin/SP	5:30pm : Spinning/KS	5:30pm : BodyPump/KS	5:30pm : Spinning/SB	5:30pm : BodyPump/SB		
	6:30pm: Spinning/JK (starting 10/19)	5:30pm : Spinning/SP	6:30pm: Core/SB	5:30pm: Strong Nation/KK		
				6:30pm: Zumba/SD		

(ages 8+); parents **MUST** read and complete a **WAIVER & TERMS** agreement before participating. ☆

STUDIO 1 (2nd Floor)		
BodyFlow	Gentle / Vin Yoga	Piloxing
Zumba (ALL)	Pilates / P+	Step Combo
KickFit	MuayThai Kickboxing	TurboKick
Boom		



FUNCTIONAL TRAINING STUDIO		
BodyPump	KettleBell	HardCore & More
TRX Suspension	Zumbell	justWIN
CoreWorks	Butts&Guts	SilverSneakers
POUND	Circuit 2 Circuit	KickFit (Thursdays)

Group Fitness Instructors:

Chris Pegg / Dave Caldwell / Heather Dils / Jewell Pyle/ Kate Schamel
Kay Koger / Kim Smith / Mike Allen / Mike Talbot/Sheri Kohles/Toby Ladd
Morgan Howard / Stacy Plumley / Sandy Jeffers / Stephanie Baker / Suzanne Derengowski / Tiffany Philbeck
Brett Roland/Cindy Doner/Tim Davis/John Kuhn/Carey Holt/Kaylynn Hooker

warehouse
.....cafe

Mon-Fri: 7am-2pm
765.935.4645

- Sandwiches & Wraps
- Smoothies
- (Non-Fat Yogurt Options)
- Coffees & Teas
- Vegan & Vegetarian Options
- Homemade Protein Bars
- Salads & MORE

Online Menu Available!

FFW CROSSFIT

constantly varied functional movements at a high intensity

- FFW CrossFit (Adults)
- CrossFit Kids (6-9)
- CrossFit Pre-Teens (10-12)
- CrossFit Teens (13+)

www.crossfitFFW.com

Indiana FitWorks GYMNASTICS

IFG is a USAG affiliated program, offering instruction & classes for children ages 3+

- PreSchool
- Recreation
- Tumbling
- Levels
- Competitive Team

FitWorksGymnastics@gmail.com
f Indiana FitWorks Gymnastics
USA GYMNASTICS.

PERSONAL TRAINING

Set up your **FREE** personal training consultation TODAY!
...see front desk for details

- Many different training packages available
- Nutrition Education & Meal Planning

Certified Trainers:
Andy Chapman / Kate Schamell Kim Smith

Family Fitness Works

213 North 3rd Street
Richmond, IN 47374
765.935.9191

Sunday: NOT STAFFED
Monday: 8am - 7pm
Tuesday: 8am - 7pm
Wednesday: 8am - 7pm
Thursday: 8am - 7pm
Friday: 8am - 6pm
Saturday: 8am - 11am

FFW EXPRESS

600 Commerce Road
Richmond, IN 47374
765.373.8136

No Staffed Hours
24/7 access with key fob

REC PLEX

600 Commerce Road
Richmond, IN 47374
765.373.8136

CURRENTLY CLOSED