

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Not Staffed						
Classes that are held outside FFW	5:30am : Spinning/MA	5:30am : BodyPump/KK	5:30am : Spinning/MA	5:30am : BodyPump/KK		
staffed hours are for	8:15am : Spinning/MT	5:45am : Spinning/BR	8:15am : Spinning/MT	5:45am : Spinning/MH	5:30am : Spinning/MA/KK	
FFW Members Only. Other entry will result in tresspassing charges.	8:30am: TRX/HS	8:15am : BodyPump/MT	8:30am: TRX/HS	8:15am : BodyPump/MT	8:15am : Spinning/KS	7am : Spinning/KH 8am : BodyPump/TP/KK
7am: Spinning/JK	10:30am: SS*Stretch/ Strength/SJ	8:30am: Gentle Yoga/CD	10:30am:SS*stability-yoga/CD	9:30am: YogaFlow/ED	10:30am: SS*Classic/DC	10am:JustWin/SB
Anna Otana Nation/KK		10am: Pilates/SJ	12pm:ZumbaQuick Burn/JP	10:30am: SS*Classic/DC	4pm: Kickboxing/TD	
1pm: Strong Nation/KK	5:30pm: Zumba Toning/KK 5:30pm: Spinning/KS	10:30am: SS*Classic/DC	12pm : KettleBell/CD	1:30pm:SS*Classic/SJ	5:30pm : Spinning 🌣/SB/KH	9:30am : Zumba/KB
		1:30pm:SS*Classic/SJ	4:30pm: MoveWorks/BP	4:30pm:Spinning/SP		
	6:30pm: Spinning/JK	4:30pm: Zumba/JP	5:30pm : Spinning/SB	5:30pm : BodyPump/SB		
		5:30pm : BodyPump/KS	6pm: ThickFitBounce *not included in	5:30pm: Strong Nation/KK		
		5:30pm : Spinning/SP	FFW Membership	6:30pm:Zumba/KB		

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

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	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 Zumbell TRX Suspension justWIN CoreWorks POUND **Butts&Guts** SilverSneakers KickFit (Thursdavs) Circuit 2 Circuit

## **Group Fitness Instructors:**

Chris Pegg / Dave Caldwell / Heather Steneman / Jewell Pyle/ Kate Schamel Kay Koger / Kim Smith / Mike Allen / Mike Talbot /Emma Duncan/ Brandy Pardo Morgan Howard / Stacy Plumley / Sandy Jeffers / Stephanie Baker / Kelly Black / Tiffany Philbeck

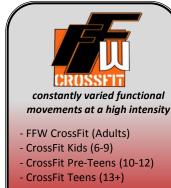
Brett Roland / Cindy Doner / Tim Davis / John Kuhn / Kaylynn Hooker

## <u>warehouse</u>

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!



www.crossfitFFW.com





f Indiana FitWorks Gymnastics

XUSA GYMNASTICS



Andy Chapman / Kate Schamell Kim Smith



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



**600 Commerce Road** Richmond, IN 47374 765.373.8136

No Staffed Hours 24/7 access with key fob



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**CURRENTLY CLOSED**