

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 8:15am : Spinning/MT 8:30am : TRX/HS 10:30am : SS*Stretch/Strength/SJ 5:30pm : Zumba Toning/KK 5:30pm : Spinning/KS 6:30pm : Spinning/JK	5:30am : BodyPump/KK 5:45am : Spinning/BR 8:15am : BodyPump/MT 8:30am : Gentle Yoga/CD 10am : Pilates/SJ 10:30am : SS*Classic/DC 1:30pm : SS*Classic/SJ 4:30pm : Zumba/JP 5:30pm : BodyPump/KS 5:30pm : Spinning/SP	5:30am : Spinning/MA 8:15am : Spinning/MT 8:30am : TRX/HS 10:30am : SS*stability-yoga/CD 12pm : ZumbaQuick Burn/JP 12pm : KettleBell/CD 4:30pm : MoveWorks/BP 5:30pm : Spinning/SB 6pm : ThickFitBounce *not included in FFW Membership	5:30am : BodyPump/KK 5:45am : Spinning/MH 8:15am : BodyPump/MT 9:30am : YogaFlow/ED 10:30am : SS*Classic/DC 1:30pm : SS*Classic/SJ 4:30pm : Spinning/SP 5:30pm : BodyPump/SB 5:30pm : Strong Nation/KK 6:30pm : Zumba/KB	5:30am : Spinning/MA/KK 8:15am : Spinning/KS 10:30am : SS*Classic/DC 4pm : Kickboxing/TD 5:30pm : Spinning ☆/SB/KH	7am : Spinning/KH 8am : BodyPump/TP/KK 10am : JustWin/SB 9:30am : Zumba/KB

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

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



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

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

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