

Group Fitness Schedule

www.FamilyFitnessWorks.com

familyfitnessworks @famfitworks familyfitnessworks ffw

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Not Staffed						
<p>Classes that are held outside FFW staffed hours are for FFW Members Only. Other entry will result in trespassing charges.</p> <p>1pm : Zumba/SD</p> <p>1pm: Spinning/JK</p> <p>4:30pm: Spinning/SP</p> <p>5pm: Strong Nation/KK (will be on FFW Strong Group on FB til further notice)</p>	5:30am : Spinning/MA	5:30am : BodyPump/KK	5:30am : Spinning/MA	5:30am : BodyPump/KK	5:30am : Spinning/MA/KK	7am : Spinning/KH
	8:15am : Spinning/MT	5:45am : Spinning/BR	8:15am : Spinning/MT	8:15am : BodyPump/MT	8:15am : Spinning/KS	8am : BodyPump/TP/KK
	8:30am : T R X/HD	8:15am : BodyPump/MT	8:30am : T R X/HD	9:30am : Spinning/KS	9:15am : YogaFlow/SK	9:15am: Core/KK (on Facebook Live)
	10:30am: SS*Stretch/Strength/SJ	9:30am : Spinning/KS	9:15am: BodyFlow/JM	10am : Pilates+/SK	10:30am: SS*Classic/DC	
	12pm : KettleBell/CH		10:30am:SS*stability-yoga/CD	10:30am: SS*Classic/DC	12:00pm:Kettlebell/CH	10:30am : Zumba/SD/KK
	5:30pm: Zumba Toning/KK (on doc outside weather permitted)	10:3am: SS*Classic/DC		1:30pm:SS*Classic/SJ	4:30pm:Kicking/SP	
		1:30pm:SS*Classic/SJ	12pm : KettleBell/CH	5:30pm : BodyPump/SB	4pm: Kickboxing/TD	
	5:30pm : Spinning/KS	5:30pm : BodyPump/KS	5:30pm : Spinning/SB	5:30pm : Strong Nation/KK (will be on FFW Strong Group on FB until further notice)	5:30pm : Spinning ☀/SB/KH	
		5:30pm : KickFit/TL	5:30pm : BodyFlow/JM			
		5:30pm : Spinning/SP		6:30pm: Zumba/SD		

☀ Classes marked with a "☀" are considered Family-Friendly Classes (ages 8+); parents **MUST** read and complete a **WAIVER & TERMS** agreement before participating. ☀

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



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

Group Fitness Instructors:

Chris Pegg / Dave Calowell / Heather Dils / Jeannie Engle / Jessica McKinney / Jewell Pyle/ Kate Schamel
Kay Koger / Kim Smith / Laura Dafler / Malia Miller / Melissa Cox / Mike Allen / Mike Talbot/ Sheri Kohles/ Kate Kotan
Morgan Howard / Stacy Plunley / Sandy Jeffers / Stephanie Baker / Suzanne Derengowski / Tiffany Philbeck / Toby Ladd
Brett Roland /Cindy Doner/Brandy Pardo/Tim Davis/Jeff Kottyan/John Kuhn/Carey Holt/Jack Werle/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!

The logo features a large, stylized 'FFW' in black and white, with the word 'CROSSFIT' in white capital letters on a black rectangular background below it.

*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

A row of black silhouettes depicting various CrossFit exercises: a person performing a pull-up, a person in a low squat or deadlift position, a person performing a burpee or box jump, and two people performing overhead squats with barbells.A vertical rectangular graphic with a green-to-orange gradient background. At the top, there is a logo consisting of the letters 'FF' in black and white, with a red 'W' inside a red circle. Below the logo, the words 'PERSONAL TRAINING' are written in large, bold, black capital letters. Underneath this, the text 'Set up your FREE personal training consultation TODAY!' is written in a smaller, black, sans-serif font. Below that, the text '...see front desk for details' is written in a black, italicized, sans-serif font. Further down, there is a bulleted list with two items: '- Many different training packages available' and '- Nutrition Education & Meal Planning'. At the bottom, the text 'Certified Trainers:' is written in bold, black, sans-serif font, followed by the names 'Andy Chapman / Kate Schamell Kim Smith' in a smaller, black, sans-serif font. The entire graphic is framed by a thick black border.

FFW

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**



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

**No Staffed Hours
24/7 access with key fob**

RECPLEX

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

CURRENTLY CLOSED



LIKE US ON FACEBOOK FOR LAST MINUTE SCHEDULE CHANGES