

Group Fitness Schedule

www.FamilyFitnessworks.com familyfitnessworks @familyfitnessworks_ffw

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Not Staffed						
Classes that are held outside FFW				5:30am : BodyPump/KK		
staffed hours are for	5:30am : Spinning/MA	5:30am : BodyPump/KK	5:30am : Spinning/MA	5:45am : Spinning/MH	5:30am : Spinning/MA/KK	
FFW Members Only. Other entry will result in tresspassing charges.	8:15am : Spinning/MT	5:45am : Spinning/BR	8:15am : Spinning/MT	8:15am : BodyPump/MT	8:15am : Spinning/KS	7am : Spinning/KH 8am : BodyPump/TP/KK
1pm : Zumba/SD	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
1pm: Spinning/JK	10:30am: SS*Stretch/ Strength/SJ	9:30am : Spinning/KS	9:15am: BodyFlow/JM	10am : Pilates+/SK 10:30am: SS*Classic/DC	10:30am: SS*Classic/DC	(on Facebook Live)
	12pm : KettleBell/CH		10:30am:SS*stability-yoga/CD		12:00pm:Kettlebell/CH	
4:30pm: Spinning/SP	5:30pm: Zumba Toning/KK	10;3am: SS*Classic/DC		1:30pm:SS*Classic/SJ 4:30pm:Spinning/SP	4pm: Kickboxing/TD	10:30am : Zumba/SD/KK
5pm: Strong Nation/KK	(on doc outside	1:30pm:SS*Classic/SJ	12pm : KettleBell/CH	5:30pm : BodyPump/SB	,	
(will be on FFW Strong	weather permitted)	5:30pm : BodyPump/KS		, . , . , . ,	5:30pm : Spinning 🌣/SB/KH	
Group on FB til further notice)			5:30pm : Spinning/SB	5:30pm: Strong Nation/KK		
	5:30pm : Spinning/KS	5:30pm : KickFit/TL		(will be on FFW Strong		
		5:30pm : Spinning/SP	5:30pm : BodyFlow/JM	Group on FB until further notice)		
				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 / Vin Yoga	Piloxing
Zumba (ALL)	Pilates / P+	Step Combo
KickFit	MuayThai Kickboxing	TurboKick
Daam		



FUNCTIONAL TRAINING STUDIO

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

Group Fitness Instructors:

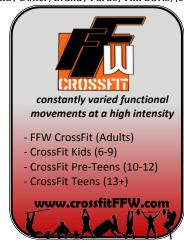
Chris Pegg / Dave Caldwell / Heather Dils / Jeannie Engle / Jessica McKinney / Jewell Pyle/ Kate Schamel Kay Koger / Kim Smith / Laura Dafler / Malia Miller / Melissa Cox / Mike Allen / Mike Talbot/Sheri Kohles/Kate Kotan Morgan Howard / Stacy Plumley / Sandy Jeffers / Stephanie Baker / Suzanne Derengowski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



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!









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

