

Group Fitness Schedule

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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 5:30am : Spinning/SP		
staffed hours are for	8:15am : Spinning/MT	5:45am : Spinning/KS	8:15am : Spinning/MT		5:30am : Spinning/MA/KK	
FFW Members Only.				8:15am : BodyPump/MT		7am : Spinning/KH
Other entry will result in	8:30am: TRX/HS	8:15am : BodyPump/MT	8:30am: TRX/HS	9:30am: YogaFlow/ED	8:15am : Spinning/KS	
tresspassing charges.				_		8am : BodyPump/TP/KK
	10:30am: SS*Stretch/	8:30am: Gentle Yoga/CD	10:30am:SS*stability-yoga/CD	9:30am:Spinning/KS	10:30am: SS*Classic/DC	
6:30am: Spinning/JK	Strength/SJ					10am:JustWin/SB
		10am: Pilates/SJ	12pm:ZumbaQuick Burn/JP	10:30am: SS*Classic/DC	4pm: Kickboxing/TD	
1pm: Strong Nation/KK	5:30pm: Zumba Toning/KK					9:30am : Zumba/KB
		10:30am: SS*Classic/DC	12pm : KettleBell/CD	12pm Piloxing/SJ	5:30pm : Spinning /SB/KH	
4:30: Spinning/SP	5:30pm : Spinning/KS					
		1:30pm:SS*Classic/SJ	4:30pm: Zumba/BP	1:30pm:SS*Classic/SJ		
	6:30pm: Spinning/JK			4:30pm:Spinning/SP		
		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		
		4:30pm : Spinning/SP	FFW Membership			
				6:30pm:Zumba/KB		

STUDIO 1 (2nd Floor)

YogaFlow Ge Zumba (ALL)

Gentle Yoga Pilates MuayThai Kickboxing ThickFitBounce*



FUNCTIONAL TRAINING STUDIO

BodyPump KettleBell justWIN
TRX Suspension Zumbell Silver Sneakers

Group Fitness Instructors:

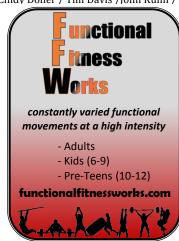
Chris Pegg / Dave Caldwell / Heather Steneman / Jewell Pyle/ Kate Schamel Kay Koger / Kim Smith / Mike Allen / Mike Talbot /Emma Duncan/ Brandy Pardo Stacy Plumley / Sandy Jeffers / Stephanie Baker / Kelly Black / Tiffany Philbeck Brett Roland / Cindy Doner / Tim Davis /John Kuhn / Kaylynn Hooker

warehouse@ofe

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!





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

Certified Trainers:

Kate Schamel & 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 765.935.9191

FFW Express is not staffed 24/7 access with key fob

 Please visit us at our North 3rd location for membership sign ups -