

Group Fitness Schedule

www.FamilyFitnessWorks.com

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

STUDIO 1 (2nd Floor)		
YogaFlow	Gentle Yoga	MuayThai Kickboxing
Zumba (ALL)	Pilates	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
.....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!

Functional Fitness Works

constantly varied functional movements at a high intensity

- Adults
- Kids (6-9)
- Pre-Teens (10-12)

functionalfitnessworks.com

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:
Kate Schamel & Kim Smith

Real Gym. Real Weights. Real People.
Real Community.

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 -