

Group Fitness Schedule

www.FamilyFitnessWorks.com

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SUNDAY Not Staffed	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Classes that are held outside FFW staffed hours are for FFW Members Only. Other entry will result in trespassing charges.</p> <p>6:30am: Spinning/JK</p> <p>(class available based on John K. schedule) 1pm: Zumba/SD</p> <p>4:30pm: Spinning/SP 5pm: StrongByZumba/KK</p> <p>☼ Family-Friendly Classes are for children ages 8+, who are FFW Junior Members, attending with parent.</p>	<p>5:30am: Spinning/MA 8:15am: Spinning/MT 8:30am: T R X/HD 10:30am: SS* Stretch/SJ 11:30: BoomSS/SJ</p> <p>12pm: KettleBell/CH</p> <p>4:30pm: Zumba GOLD/KK 4:45pm: CoreWorks/KS</p> <p>5:30pm: Zumba Toning/KK 5:30pm: Spinning/KS 6:30pm: Spinning/JK</p> <p>6:30pm: BodyPump/CP</p>	<p>5:30am: BodyPump/LD 5:45am: Spinning/BR 8:15am: Gentle Yoga/CD 8:15am: BodyPump/MT 9:30am: Spinning/KS 10am: Pilates+/SJ 10:30am: SS*Classic/DC</p> <p>12pm: FitAfter50/KS</p> <p>1:30pm: SS*Classic/SJ</p> <p>4:30pm HardCore&More/JE 4:30pm: Zumba/JK 5:30pm: BodyPump/KS 5:30pm: KickFit/TL 5:30pm: Spinning/SP 6:30p Conditioning&Boxing/TL 6:30pm: First Spin/JW</p>	<p>5:30am: Spinning/MA 5:30a: Circuit 2 Circuit/KK 8:15am: Spinning/MT 8:30am: T R X/HD 9:15am: BodyFlow/MM 10:30am: SS*/stability/yoga</p> <p>11:00am: TurboKick/CH</p> <p>12pm: KettleBell/CH 12pm: ZumbaQuickBurn/JK 4:30pm: Vineyasa Yoga/MC</p> <p>5:30pm: KidzFitness/CP</p> <p>5:30pm: Spinning/SB 5:30pm: BodyFlow/JM 5:30pm: TRX ☼/KH/Kim</p> <p>6:30pm: CoreWorks/SB</p>	<p>5:30am: BodyPump/KK 5:45am: Spinning/MH 8:15am: Gentle Yoga/CD 8:15am: BodyPump/MT 9:30am: Spinning/KS 10am: Pilates+/SK 10:30am: SS*Classic/DC 12pm: FitAfter50/KS 12:15pm: Butts&Guts/SJ ^Start 10/10</p> <p>1:30pm: SS*Classic/SJ 4:30pm: Spinning/SP 4:30pm HardCore&More/JE 5:30pm: BodyPump/SB 5:30pm: StrongByZumba/KK</p> <p>6:30pm: Zumba/SD 7:30pm: KickFit/TL</p>	<p>5:30am: Spinning/MA 6:30am: CoreWorks ☼/SB 8:15am: Spinning/KS 9:15am: BodyFlow/MM</p> <p>10:30am: SS*Classic/DC 12:00pm: Kettlebell/CH</p> <p>4pm: Kickboxing/TD 5:30pm: Spinning ☼/SB/KH 5:30pm: Body Flow/JM</p>	<p>7am: Spinning/KH 8am: BodyPump/TP/KK</p> <p>9am: StepCombo/JE</p> <p>9:15am: CoreWorks/KK/SB</p> <p>10am: justWIN ☼/SB 10am: Zumba/SD/KK</p>

☼ 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 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 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/Ieff Kottyan/John Kuhn/Carey Holt/Jack Werle/Kaylynn Hooker

warehouse
.....cafe

Mon-Sat: 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

Friday: 4pm - 9pm
Saturday: 12pm - 9pm
Sunday: 12pm-6pm

REC PLEX

600 Commerce Road
Richmond, IN 47374
765.373.8136

Sunday: 12pm - 6pm
Monday: CLOSED
Tuesday: 12pm - 4pm*
Wednesday: CLOSED
Thursday: 12pm - 4pm*
Friday: 4pm - 9pm
Saturday: 12pm - 9pm

*SUMMER HOURS



LIKE US ON FACEBOOK FOR LAST MINUTE SCHEDULE CHANGES