



GROUP FITNESS SCHEDULE

www.towncountrysports.com
(859) 442-5800

Club Hours
 Mon-Thur 5am-10pm
 Friday 5am-9pm
 Saturday 8am-6pm
 Sunday 9am-6pm

Nursery Hours
 Mon-Fri 8:45am-1pm
 Mon-Thur 5pm-8pm
 Saturday 8am-11:30am

APRIL - JUNE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Intense 45 6-6:45 am Julie	Spin 6-7 Tonya	Yoga 6-7 Julie	Circuit 45 6-6:45 Julie	Spin 6-7 Joe	Barre* 8:30-9:30 Laurie	Muscle Mix 9-10 Deia
TRX* 8-9 Michelle	Kickboxing 9-10 Julie	TRX* 9-10 Michelle	Kettlebell* 9-10 Michelle	Kettlebell* 6:30-7:30 Michelle	Chisel 9:00-10:00 Deia	Yoga 10:15-11:15 Julie
Barre* 9-10 Lisa/Rachel	Barrelates* 9-10 Michelle	Spin 9-10 Laurie	Muscle Mix 9-10 Amber	Barre* 8-9 Michelle	Spin 9:30-10:30 Tiffany	
Ball Pilates 9-10 Laurie	Water Warrior 9-10 Tammy	Aqua 9-10 Kimmi	Barre* 9-10 Tammy	Aqua Tabata 8:45-9:45 Kimmi	Barre-lates 9:30-10:30 Michelle	
Spin 9-10 Tammy	Yoga Lite 10:15-11:00 Julie	Chisel 9-10 Tammy	Aqua 9-10 Kimmi	Step 9-10 Tonya	Super Splash 10-11 Donna	
Aqua Zumba 9-10 Laurel	Warm Water 10:30-11:30 Tonya	Warm Water 9:30-10:30 Debbie	Barrelates* 10:15-11:15 Julie	Spin 9-10 Tammy	Warm Yoga* 10:30-11:30 Marta	
Warm Water 9:30-10:30 Debbie	Barre-FIT 5:00-6:00 Julie	Fit Seniors 10:15-11:15 Tammy	Warm Water 10:30-11:30 Kimmi	Barre* 9-10 Michelle		
FIT Senior 10:15-11:15 Julie	Spin 5:45-6:45 Lisa	Silver Splash 10:45-11:45 Wilma	Chair Yoga 11:15-12:00 Jamie	Warm Water 9:35-10:35 Kimmi		
Silver Splash 10:45-11:45 Wilma	Aqua Circuit 6-7 Becky	Silver Sneakers 11:15-12:15 Ginny	Super Splash 6-7 Donna	Yoga 10:15-11:15 Julie		
Chair Yoga 11:15-12:00 Jamie		Zumba 5:30-6:30 Katie	TABATA 6-7 Rachel	Silver Splash 10:45-11:45 Wilma		
Aqua 5:30-6:30 Donna		Spin 5:45-6:45 Tiffany	Warm Yoga* 6-7 Marta	Silver Sneakers 11:15-12:15 Ginny		
Barbell Blast 5:30-6:30 Rachel		Barre* 6-7 Lisa				
Spin 5:45-6:45 Tim		Yoga 6:30-7:30 Katy		Dance Fix Friday is the third Friday of every month at 9am		
Barre* 6:30-7:30 Rachel						
	Refer to the website or the app for the most up to date schedule			Instructor subject to change, refer to website for updates.		
Group Exercise Studio	Barre Studio	Group Training Room	Lap Pool	Warm Water Pool	Spinning Studio	*Pre-Register