



August 2020 Group Fitness Schedule

SIGN UP REQUIRED FOR CLASSES HELD INDOORS! CALL THE FRONT DESK AT 610-399-3800 OR EMAIL PENNOAKSFIT@GMAIL.COM

CLASS	TIME	INSTRUCTOR	LEVEL	LOCATION
MONDAY				
EQUIPMENT FREE BOOT CAMP	9:15 - 10:15 am	KATHY	3	OUTSIDE
TUESDAY				
CYCLE 45	7:00 - 7:45 am	KATHY	2/3	GROUP FITNESS ROOM 5 MAX
STEP	9:15 - 10:05 am	CRISTY	2	GROUP FITNESS ROOM 9 MAX
BALLETONE PILATES	10:15 - 11:15 am	CRISTY	1/2	OUTSIDE
WEDNESDAY				
EQUIPMENT FREE BOOT CAMP	9:15 - 10:15 am	KATHY	2/3	OUTSIDE
CYCLE 45	10:30 - 11:15 am	KATHY	2/3	GROUP FITNESS ROOM 5 MAX
THURSDAY				
STEP	8:00 – 9:00 am	CRISTY	2	GROUP FITNESS ROOM 9 MAX
FRIDAY				
CYCLE 45	7:30 - 8:15 am	KATHY	2/3	GROUP FITNESS ROOM 5 MAX
TOTAL BODY CONDITIONING	9:15 - 10:15 am	JESSICA	2/3	OUTSIDE
SATURDAY				
CYCLE 45	7:45 - 8:25 am	KATHY	2/3	GROUP FITNESS ROOM 5 MAX
TOTAL BODY WORKOUT	8:30 - 9:25 am	LINDA J	2/3	OUTSIDE
CARDIO STEP	9:30 - 10:25 am	LINDA J	2/3	GROUP FITNESS ROOM 9 MAX
SUNDAY				
PILATES	9:30 - 10:30 am	LINDA J	2/3	OUTSIDE