

June | Group Fitness Schedule

Monday

Tuesday

Wednesday

Thursday

Friday

Circuit Training
7:15 - 8:00 am
Anthony

Upper Body
Blast
7:15 - 7:45 am
Anthony

Full Body
Stretch
12:00 - 12:20 pm
Anthony

Bootcamp
12:10 - 12:40 pm
Anthony

Strength &
Conditioning
4:00 - 4:30 pm
Amelia

FITNESS
AT SPS TOWER