

March 2020		Pierpont Group Fitness Classes					304-983-PRO1
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1 10:30 AM Cycling MH	2 6:00 AM Cycling- AK 7:00 AM Total Body Workout GP 12:00 PM HIIT and More-MW 7:00 PM Cycling- KZ	3 7:00 AM Glutes and Core-GP 4:30 PM Cycling- JF	4 12:00 PM Cycling- JF 6:00 PM Cycling- KZ	5 6:00 AM Yoga- CH 9:30 AM Glutes and Core- GP 12:00 PM Cycling- KZ	6 6:00 AM Cycling-AK 12:00 PM Cycling w/ Weights- GK	7 8:30 AM Total Body Workout-GP 9:45 AM Endurance Cycling Ride KZ	
8 10:30 AM Cycling-GK	9 6:00 AM Cycling- AK 7:00 AM Total Body Workout GP 12:00 PM HIIT and More- MW 7:00 PM Cycling: KZ	10 7:00 AM Glutes and Core-GP 5:15 PM Cycling- JF	11 12:00 Cycling- JF 6:00 PM Cycling-KZ	12 6:00 AM Yoga- CH 9:30 AM Glutes and Core-GP 12:00 PM Cycling: KZ	13 6:00 am-Cycling-AK 12:00 PM Cycling w/ Weights- GK	14 8:30 AM Total Body Workout-GP 9:30 AM Zumba-MG 10:30 AM GET LUCKY RIDE- KZ	
15 10:30 AM Yoga- CH	16 7:00 AM-Total Body Workout-GP 7:00 PM Cycling: KZ	17 7:00 AM Glutes and Core- GP 5:15 PM Cycling- JF	18 12:00 PM Cycling- JF 6:00 PM Cycling- KZ	19 6:00 AM Yoga- CH 9:30 AM HIIT and More- MW 12:00 PM Cycling: KZ	20 12:00 PM Cycling w/ Weights- GK	21 9:30 Zumba- MG 10:30 AM Cycling- JF	
22 10:30 AM Cycling- GK	23 6:00 AM Cycling- AK 7:00 AM Total Body Workout-GP 12:00 PM HIIT and More- MW 7:00 PM Cycling- KZ	24 7:00 AM Glutes and Core- GP 5:15 PM Cycling- JF	25 12:00 PM Cycling- JF 6:00 Cycling- KZ	26 6:00 AM Yoga -CH 9:30 AM Glutes and Core- GP 12:00 PM Cycling: KZ	27 12:00 PM Cycling w/ Weights- GK	28 8:30 Total Body Workout-GP 9:30 Zumba-MG 10:30 AM Cycling- JF	
29 10:30 AM Cycling- GK	30 6:00 AM Cycling- AK 7:00 AM Total Body Workout-GP 12:00 PM- HIIT and More-MW 7:00 PM Cycling: KZ	31 7:00 AM Glutes and Core- GP 5:15 PM Cycling- JF	GK-Gillian Kraft JF-Joanne Fairbanks GP- Gabriella Pearse MG-Meredith Garner	KZ- Kimberly Zaph CH- Chloe Honaker AK- Amy Kuhn MH- Melissa Henry	Check the schedule for any changes/cancellations by downloading our Pro Performance Rx app. Group Fitness and Cycling classes are included in membership. Non-member rate is \$10 per class. Questions about group fitness? Contact Megan Whritenour megan@properperformerx.co m	RED=Cycling Studio Black=Group Fitness Studio	
