

September 2020		Pierpont Group Fitness Classes					304-983-PRO1
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>Cycling Room capacity: 7 participants</p> <p>JF-Joanne Fairbanks GP- Gabriella Pearse KZ- Kimberly Zaph MW-Megan Whritenour BM-Bobbie Miller</p>	<p>31</p> <p>12:00 PM Total Body- GP 6:00 PM Cycling- KZ</p>	<p>1</p> <p>7:00 AM 45 min Kettlebells-MW 11:00 AM Bootcamp- GP 12:00 PM Cycling- JF UPLACE: 5:00 PM Pump 45-GP 6:00 PM Cycling with Weights-BM</p>	<p>2</p> <p>12:00 PM HIIT and More-GP 6:00 PM Cycling- KZ</p>	<p>3</p> <p>6:30 AM Stretch and Flow- MW 12:00 PM Cycling- JF UPLACE: 5:00 PM HIIT- GP 6:00 PM Cycling with Weights-BM</p>	<p>4</p> <p>12:00 PM 45 min Body Weight Burn-GP 5:00 PM Cycle/Sculpt -KZ</p>	<p>5</p> <p>9:30 AM HIIT and More-GP</p>	
<p>6</p> <p>Cycling 10:30 AM KZ</p>	<p>7</p> <p>LABOR DAY HOURS 8 AM-2 PM</p> <p>12:00 PM Total Body- GP</p>	<p>8</p> <p>7:00 AM 45 min Kettlebells-MW 11:00 AM Bootcamp- GP 12:00 PM Cycling- JF UPLACE: 5:00 PM Pump 45-GP 6:00 PM Cycling with Weights- BM</p>	<p>9</p> <p>12:00 PM HIIT and More-GP 6:00 PM Cycling-KZ</p>	<p>10</p> <p>6:30 AM Stretch and Flow-MW 12:00 PM Cycling- JF UPLACE: 5:00 PM HIIT-GP 6:00 PM Cycling with Weights-BM</p>	<p>11</p> <p>12:00 PM 45 min Body Weight Burn-GP 5:00 PM Cycle/Sculpt -KZ</p>	<p>12</p> <p>9:30 AM HIIT and More-GP 10:30 AM Cycling- BM</p>	
<p>13</p> <p>Cycling 10:30 AM KZ</p>	<p>14</p> <p>UPLACE: 6:00 AM HIIT & Power-BM 12:00 PM Total Body Workout-GP 6:00 PM Cycling-KZ</p>	<p>15</p> <p>7:00 AM 45 min Kettlebells-MW 11:00 AM Bootcamp- GP 12:00 PM Cycling- JF UPLACE: 5:00 PM Pump 45-GP 6:00 PM Cycling with Weights- BM</p>	<p>16</p> <p>12:00 PM HIIT and More-GP 6:00 PM Cycling KZ</p>	<p>17</p> <p>6:30 AM Stretch and Flow-MW 12:00 PM Cycling- JF UPLACE: 5:00 PM HIIT- GP 6:00 PM Cycling with Weights-BM</p>	<p>18</p> <p>12:00 PM 45 min Body Weight Burn-GP 5:00 PM Cycle/Sculpt -KZ</p>	<p>19</p> <p>9:30 AM HIIT and More-GP 10:30 AM Cycling- BM</p>	
<p>20</p> <p>Cycling 10:30 AM KZ</p>	<p>21</p> <p>UPLACE: 6:00 AM HIIT & Power-BM 12:00 PM Total Body Workout-GP 6:00 PM Cycling- KZ</p>	<p>22</p> <p>7:00 AM 45 min Kettlebells-MW 12:00 PM Cycling- JF 6:00 PM Cycling with Weights- BM</p>	<p>23</p> <p>12:00 PM HIIT and More-GP 6:00 Cycling- KZ</p>	<p>24</p> <p>6:30 AM Stretch and Flow MW 12:00 PM Cycling- JF UPLACE: 5:00 PM HIIT- GP 6:00 PM Cycling with Weights-BM</p>	<p>25</p> <p>12:00 PM 45 min Body Weight Burn-GP 5:00 PM Cycle/Sculpt -KZ</p>	<p>26</p> <p>9:30 AM HIIT and More-GP</p>	
<p>27</p> <p>Cycling 10:30 AM KZ</p>	<p>28</p> <p>UPLACE: 6:00 AM HIIT & Power-BM 12:00 PM Total Body Workout-GP 6:00 PM Cycling- KZ</p>	<p>29</p> <p>7:00 AM 45 min Kettlebells-MW 12:00 PM Cycling- JF 6:00 PM Cycling with Weights- BM</p>	<p>30</p> <p>12:00 PM HIIT and More-GP 6:00 Cycling- KZ</p>			<p>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@properformanerx.com</p>	

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