

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

Download Pro Performance Rx App to sign up for classes! Questions about group fitness? Contact [megan@properformance](mailto:megan@properformance)

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