

November 2020		Pierpont Group Fitness Classes					304-983-PRO1
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1 Cycling 10:30 AM KZ	2 12:00 PM Total Body- GP 6:00 PM Cycling- BM	3 7:00 AM 45 min Kettlebells- MW 12:00 PM Bootcamp- GP UPLACE: 5:00 PM Pump 45-GP 6:00 PM Cycling with Weights-BM	4 12:00 PM HIIT -GP 6:00 PM Cycling- KZ	5 7:00 AM Stretch and Flow- MW 12:00 PM Cycling- JF UPLACE: 5:00 PM HIIT- GP 6:00 PM Cycling with Weights- BM	6 12:00 PM 45 min Body Weight Burn-GP 5:00 PM Cycle/Sculpt -KZ	7 9:30 AM HIIT-GP 10:30 AM Flex and Stretch- KZ *NEW CLASS ALERT*	
8 Cycling 10:30 AM BM	9 12:00 PM Total Body Workout- GP 6:00 PM Cycling-KZ	10 7:00 AM 45 min Kettlebells- MW 12:00 PM Bootcamp- GP UPLACE: 5:00 PM Pump 45-GP 6:00 PM Cycling with Weights- BM	11 12:00 PM HIIT -GP 6:00 PM Cycling-KZ	12 7:00 AM Stretch and Flow-MW 12:00 PM Cycling- JF UPLACE: 5:00 PM HIIT-GP 6:00 PM Cycling with Weights- BM	13 12:00 PM 45 min Body Weight Burn-GP 5:00 PM Cycle/Sculpt -KZ	14 9:30 AM HIIT-GP 10:30 AM Flex and Stretch- KZ	
15 Cycling 10:30 AM BM	16 12:00 PM Total Body Workout- GP 6:00 PM Cycling-KZ	17 7:00 AM 45 min Kettlebells- MW 12:00 PM Bootcamp- GP UPLACE: 5:00 PM Pump 45-GP 6:00 PM Cycling with Weights- BM	18 12:00 PM HIIT -GP 6:00 PM Cycling KZ	19 7:00 AM Stretch and Flow-MW 12:00 PM Cycling- JF UPLACE: 5:00 PM HIIT- GP 6:00 PM Cycling with Weights- BM	20 12:00 PM 45 min Body Weight Burn-GP 5:00 PM Cycle/Sculpt -KZ	21 9:30 AM HIIT-GP 10:30 AM Cycling- BM	
22 Cycling 10:30 AM KZ	23 12:00 PM Total Body Workout- GP 6:00 PM Cycling- KZ	24 7:00 AM 45 min Kettlebells- MW 12:00 PM Bootcamp- GP 6:00 PM Cycling with Weights- BM	25 11:00 PM-1:00 PM Beast Mode Before Feast Mode (Strength and Cardio with HIIT and Cycling back to back)	26 Happy Thanksgiving	27 12:00 PM 45 min Body Weight Burn-GP	28 9:30 AM HIIT-GP 10:30 AM Turkey Burner Cycling-KZ	
29 Cycling 10:30 AM BM	30 12:00 PM Total Body Workout- GP 6:00 PM Cycling- KZ				Cycling Room capacity: 7 participants JF-Joanne Fairbanks GP- Gabriella Pearse KZ- Kimberly Zaph MW-Megan Whritenour BM-Bobbie Miller	Download Pro Performance Rx App to sign up for classes! Questions about group fitness? Contact megan@properformance rx.com	

