

April 2021		Pierpont Group Fitness Classes					304-983-PRO1
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
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@propermanerx.com Cycling Room capacity: 7 participants			1 7:00 AM Stretch and Flow-MW 9:30 AM Total Body Workout-GP 12:00 PM Cycling- JF	2 12:00 PM 45 min Body Weight Burn-GP 6:00 PM Cycling-KZ	3 8:30 AM Cycle+JF 9:30 AM HIIT-GP	
4 Cycling 10:30 AM KZ	5 12:00 PM Total Body Workout-GP 6:00 PM Cycling-KZ	6 7:00 AM 45 min Kettlebells-MW 9:30 AM-Body Weight Burn-GP	7 9:30 AM HIIT -GP 6:00 PM Cycling-KZ	8 7:00 AM Stretch and Flow-MW 9:30 AM Total Body Workout-GP	9 12:00 PM 45 min Body Weight Burn-GP 6:00 PM Cycling-KZ	10 9:30 AM HIIT-GP 10:30 AM Cycle+ BM	
11 Cycling 10:30 AM KZ	12 12:00 PM Total Body Workout-GP 6:00 PM Cycling-KZ	13 7:00 AM 45 min Kettlebells-MW 9:30 AM-Body Weight Burn-GP	14 9:30 AM HIIT -GP 6:00 PM Cycling-KZ	15 7:00 AM Stretch and Flow-MW 9:30 AM Total Body Workout-GP 12:00 PM Cycling- JF	16 12:00 PM 45 min Body Weight Burn-GP 6:00 PM Cycling-KZ	17 8:30 AM Cycle+JF 9:30 AM HIIT-GP	
18 Cycling 10:30 AM KZ	19 12:00 PM Total Body Workout-GP 6:00 PM Cycling- KZ	20 7:00 AM 45 min Kettlebells-MW 9:30 AM Body Weight Burn-GP	21 9:30 AM HIIT -GP 6:00 PM Purple Rain Theme: Cycling	22 7:00 AM Stretch and Flow-MW 9:30 AM Total Body Workout-GP 12:00 PM Cycling- JF	23 12:00 PM 45 min Body Weight Burn-GP 6:00 PM Cycling-KZ	24 9:30 AM HIIT-GP 10:30 AM Cycle+ BM	
25 Cycling 10:30 AM KZ	26 12:00 PM Total Body Workout-GP 6:00 PM Cycling- KZ	27 7:00 AM 45 min Kettlebells-MW 9:30 AM Body Weight Burn-GP	28 9:30 AM HIIT -GP 6:00 PM Cycling KZ	29 7:00 AM Stretch and Flow-MW 9:30 AM Total Body Workout-GP	30 12:00 PM 45 min Body Weight Burn-GP 6:00 PM Cycling-KZ		

