

July 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: 7-9 participants			1 7:00 AM Stretch and Flow-MW 9:30 AM Total Body Workout-GP	2 9:30 AM 45 min Body Weight Burn-GP	3 9:30 AM HIIT-GP
Happy Independence Day! -No Classes-	5 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 9:30 AM 45 min Body Weight Burn-GP	10 8:30 AM Cycle+- JF 9:30 AM HIIT-GP
11	12 12:00 PM Total Body Workout-GP 6:00 PM Cycling-JF	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-JF	15 7:00 AM Stretch and Flow-MW 9:30 AM Total Body Workout-GP	16 9:30 AM 45 min Body Weight Burn-GP	17 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 Cycling KZ	22 7:00 AM Stretch and Flow-MW 9:30 AM Total Body Workout-GP	23 9:30 AM 45 min Body Weight Burn-GP	24 8:30 AM Cycling- JF 9:30 AM HIIT-GP
25 Cycling 10:30 AM KZ	26 12:00 PM Total Body Workout-GP	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 9:30 AM 45 min Body Weight Burn-GP	31 9:30 AM HIIT-GP

