

October 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: 9 participants				1 9:30 AM 45 min Body Weight Burn-GP	2 WVU vs Texas Tech	
3 Cycling 10:30 AM KZ	4 12:00 PM Total Body Workout-GP 6:00 PM Cycling- KZ	5 7:00 AM 45 min Kettlebells-MW 9:30 AM-Body Weight Burn-GP	6 9:30 AM HIIT -GP 6:00 PM Cycling-JF	7 7:00 AM Stretch and Flow-MW 9:30 AM Total Body Workout-GP	8 9:30 AM 45 min Body Weight Burn-GP	9 9:30 AM HIIT-GP Baylor vs WVU (away game)	
10 Cycling 10:30 AM JF	11 12:00 PM Total Body Workout-GP 6:00 PM Cycling-JF	12 7:00 AM 45 min Kettlebells-MW 9:30 AM-Body Weight Burn-GP	13 9:30 AM HIIT -GP 6:00 PM Cycling-KZ	14 7:00 AM Stretch and Flow-MW 9:30 AM Total Body Workout-GP	15 9:30 AM 45 min Body Weight Burn-GP	16 9:30 AM HIIT-GP TCU vs WVU (away game)	
17 Cycling 10:30 AM KZ	18 12:00 PM Total Body Workout-GP 6:00 PM Cycling- KZ	19 7:00 AM 45 min Kettlebells-MW 9:30 AM Body Weight Burn-GP	20 9:30 AM HIIT -GP 6:00 PM Cycling KZ	21 7:00 AM Stretch and Flow-MW 9:30 AM Total Body Workout-GP	22 9:30 AM 45 min Body Weight Burn-GP	23 9:30 AM HIIT-GP	
24 Cycling 10:30 AM KZ	25 12:00 PM Total Body Workout-GP	26 7:00 AM 45 min Kettlebells-MW 9:30 AM Body Weight Burn-GP	27 9:30 AM HIIT -GP 6:00 PM Cycling KZ	28 7:00 AM Stretch and Flow-MW 9:30 AM Total Body Workout-GP	29 9:30 AM 45 min Body Weight Burn-GP	30 WVU vs Iowa State	
31 SPOOKY SPIN RIDE 10:30 AM KZ	6:00 PM Cycling- KZ						

