

November 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 GK- Gillian Krafft	1 *NEW CLASS TIME* 9:30 AM Total Body-GP 6:00 PM Cycling- KZ	2 7:00 AM 45 min Kettlebells-MW 9:30 AM-Resistance Training-GP	3 9:30 AM HIIT -GP 6:00 PM Cycle+-KZ	4 7:00 AM Stretch and Flow-MW 9:30 AM Total Body Workout-GP	5 9:30 AM 45 min Resistance Training-GP	6 Oklahoma State VS WVU	
7 Cycling 10:30 AM KZ	8 9:30 AM Total Body-GP 6:00 PM Cycling- KZ	9 7:00 AM 45 min Kettlebells-MW 9:30 AM-Resistance Training-GP	10 9:30 AM HIIT -GP 6:00 PM Cycle+-KZ	11 7:00 AM Stretch and Flow-MW 9:30 AM Total Body Workout-GP	12 9:30 AM 45 min Resistance Training-GP	13 8:30 AM- Cycle+ JK 9:30 AM HIIT-GP	
14 Cycling 10:30 AM-KZ	15 9:30 AM Total Body-GP 6:00 PM Cycling-KZ	16 7:00 AM 45 min Kettlebells-MW 9:30 AM-Resistance Training-GP	17 9:30 AM HIIT -GP 6:00 PM Cycle+-KZ	18 7:00 AM Stretch and Flow-MW 9:30 AM Total Body Workout-GP	19 9:30 AM 45 min Resistance Training-GP	20 Texas VS WVU	
21 Cycling 10:30 AM KZ	22 9:30 AM Total Body-GP 6:00 PM Cycling- KZ	23 7:00 AM 45 min Kettlebells-MW 9:30 AM Resistance Training-GP	24 9:30 AM HIIT -GP	25 We are thankful for you! Happy Thanksgiving	26 9:30 AM 45 min Resistance Training-GP	27 9:30 AM HIIT-GP 10:30 AM Turkey Burn RIDE-GK	
28 Cycling 10:30 AM KZ	29 9:30 AM Total Body-GP 6:00 PM Cycling- KZ	30 7:00 AM 45 min Kettlebells-MW 9:30 AM Resistance Training-GP				Download Pro Performance Rx App to sign up for classes! Questions about group fitness? Contact megan@properformanerx.com Cycling Room capacity: 9 participants	

