

SPRING 2017 GROUP FITNESS SCHEDULE @ SHENANDOAH POWERHOUSE

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
10:00-10:30a	High Intensity Core (Melissa)			10:00-10:45a	Power Sculpt (Lindsay)			10:00-10:20a	Ballapalooza (Lindsay)
								10:20-10:50a	Pilates Stretch (Lindsay)
6:00-6:30p	Butts and Guts (Carrie)	6:00-6:30p	TKO (Lindsay)	6:15-7:00p	Power Sculpt (Coach Sweet)	5:30-6:15p	Yoga (Sherry)	SATURDAY	
6:30-7:15p	Club Cycle (DJ Carrie)	6:30-7:00p	Zumba Xpress (Susan)	7:00-7:30p	Cycle Xpress (Lindsay)	6:30-7:30p	Zumba Plus (Susan)		
		7:00-7:30p	Sexy Flexy (Susan)	7:30-8:00p	Ballapalooza (Lindsay)			9:30-10:15	Cycle 'n' Sculpt (Lindsay)
								10:15-11:00	Yoga Fusion (Susan)



*NEW CLASS!

540-942-9466 / shenandoahpower.com

Club Hours: M-Th: 5:30a-11p / Fri: 5:30a-9p / Sat: 8a-6p / Sun: 10:30a-6p

Childcare: M-Th: 9a -12p & 4p - 8p / Fri-Sat: 9a-12p

Pool Hours: 9a - 10p, 7 days/week