



McCLURE FITNESS

Winter 2022 Schedule

REGISTER FOR CLASSES
ONLINE AT
WWW.MCCLUREFITNESS.COM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
	LIFT (julia)	BOOTCAMP (marietta)	BARRE (lauren)	BOOTCAMP (marietta)	PILATES (kylie)			
	SPIN (aaryn)	BARRE (shannon)			INTERVALS (holly)			
5:00AM	MONDAY MASHUP (shannon)	EXPRESS STEP (holly)	BOOTCAMP (joe)	LIFT (julia)	STRENGTH BOOTCAMP (shannon)	6:00AM	BOOTCAMP	
	FAT BLASTER (pam)	SPIN (kylie)	SPIN & SCULPT (pam)	HIP HOP CARDIO (angeleah)	SPIN (pam)	7:00AM	LIFT	
6:00AM					EXPRESS SPIN (pam)	8:00AM	BARRE (carol)	
8:15AM	SPIN (jesica)	BARRE (carol)	LIFT (kari)		BARRE (carol)	8:30AM	SPIN BOOTCAMP	
8:30AM	BOOTCAMP (julia)	TRX (lyndsy) BOOTCAMP (bridgette)		BOOTCAMP (pam) HIIT THE BARRE (lyndsy)	SPIN (marietta) SHRED (bridgette)			BOOTCAMP (joe)
4:15PM	FAT BLASTER (lyndsy)						3:00PM	BARRE (marliisa)
4:30PM	STRENGTH BOOTCAMP (kari)	BOOTCAMP (ashly)	PILATES (kylie) BOOTCAMP (carrie)	BOOTCAMP (kari)	INTERVALS (marliisa)			SPIN (aaryn)
5:00PM	YOGA (jennifer)			STEP (carrie)			4:00PM	YOGA (jennifer)
5:30PM	BOOTCAMP (kari/bridgette) SPIN (marietta)	SPIN (jesica)	BOOTCAMP (joe) SPIN (kylie)	RIDE & REPS (stacy) SHRED (joe)				
6:00PM	SWEAT & STRETCH (marliisa)	BARRE (elizabeth) SHRED (aaryn) HIP HOP CARDIO (angeleah)	KICKBOXING (marliisa)	YOGA (marliisa)				
6:30PM	STRENGTH BOOTCAMP (michaela)							

FREE CHILDCARE IN SHADED CLASSES

WEEKEND CLASS SCHEDULE SUBJECT TO CHANGE

PLEASE CHECK WEBSITE FOR CLASSES AND TIMES OF WEEKEND CLASSES