

**NEW!**

# Group Exercise Schedule

**SPEARMAN  
SPORTS CLUBS**

*Now Open 5:30am!*

## Monday

6:00a **Boom Fitness**  
Maria  
7:30a **Boom Fitness**  
Maria  
**Cycling**  
Linda  
8:00a **Yoga Flow**  
Judy  
9:00a **Power Core**  
Holly  
**Cycling**  
Cindie  
10:30a **Boom Fitness**  
Maria

## Tuesday

6:00a  
7:00a **Booty Burn**  
Beth  
8:00a **X-Training NEW!**  
Tina  
9:00a **Cycling**  
Meg  
10:45a **BareFoot Strength**  
Katie  
4:30p  
5:30p **Cycling**  
Holly  
6:00p **Dance \$\$**  
Natasha

## Wednesday

6:00a **Boom Fitness**  
Maria  
7:30a **Boom Fitness**  
Maria  
**Cycling**  
Linda  
9:00a **Cycling**  
Meg  
**Zumba**  
Natasha  
10:30a **Boom Fitness**  
Maria  
6:00p **Restorative Yoga**  
Judy

## Thursday

6:00a  
7:00a **Booty Burn**  
Beth  
8:00a **X-Training NEW!**  
Tina  
9:00a **Cycling**  
Sue  
10:00a **Muscle Recovery**  
Yvony  
4:30p

## Friday

6:00a **Boom Fitness**  
Maria  
7:30a **Boom Fitness**  
Maria  
**Cycling**  
Linda  
8:00a **Yoga**  
Judy  
9:00a **Power Core**  
Holly  
**Cycling**  
Sue  
10:30a **Boom Fitness**  
Maria

## Saturday

6:00a  
7:30a **BootCamp**  
Nash  
8:30a **Cycling**  
Meg  
9:00 **Zumba**  
Natasha

All classes on this schedule are free but all participants must register on the Spearman App 24 hours in advance! Space is limited in many classes!