

CLASS SCHEDULE

Paul W. Ahrens Fitness Center

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Spinning® 5:30 a.m.	Pound® 6:00 a.m.	Spinning® 5:30 a.m.		Spinning® 7:00 a.m.
	Gentle Yoga 9:15 a.m.	Lite N' Fit 9:15 a.m.	Gentle Yoga 9:15 a.m.	Lite N' Fit 9:15 a.m.	Gentle Yoga 9:15 a.m.	
	Spinning® 12 p.m.		Spinning® 12 p.m.		Spinning® 12 p.m.	
		Spinning® 4:15 p.m.	Ripped 4:15 p.m.	Spinning® 4:15 p.m.		
	*Pound® 5:15 p.m.			*Rock N' Row 5:15 p.m.		
		Yoga 6:30 p.m.		Yoga 6:30 p.m.		

*fee for class



UnityPoint Health
Grinnell