



FGC Group Fitness Schedule

July



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
6 - 6:50 AM		ZOOM:	<u>Meeting ID</u> 915 121 2877	<u>Password</u> 992704			6 - 6:50 AM
8 - 8:50 AM	<u>Yoga for Golf</u> Instructor: Jess H	<u>Pilates</u> Instructor: Julia R	<u>Restorative Vinyasa</u> Instructor: Julia C <u>Group Weights</u> Instructor: Kaila	<u>Pilates</u> Instructor: Julia R	<u>Yoga for Golf</u> Instructor: Julia C <u>Group Weights</u> Instructor: Kaila		8 - 8:50 AM
9 - 9:50 AM	<u>Group Weights</u> Instructor: Anna	<u>Functional Weights</u> Instructor: Kaila	<u>Group Weights</u> Instructor: Kaila	<u>Functional Weights</u> Instructor: Kaila	<u>Group Weights</u> Instructor: Kaila		9 - 9:50 AM
10 - 10:50 AM	<u>Balance & Conditioning</u> Instructor: Cindy		<u>Balance & Conditioning</u> Instructor: Cindy		<u>Balance & Conditioning</u> Instructor: Kate		10 - 10:50 AM
4:30 - 5:30 PM	<u>Kid Agility</u> Instructor: Nick		<u>Kids Agility</u> Instructor: Nick				4:30 - 5:30 PM
5:30 - 6:30 PM	<u>Power 30</u> Instructor: Nick 5:30p-6p <u>Broga</u> Instructor: Maizy	<u>Boot Camp</u> Instructor: Bryce	<u>Power 30</u> Instructor: Nick 5:30p-6p	<u>Boot Camp</u> Instructor: Bryce			5:30 - 6:30 PM

Questions: Bryce@fircrestgolf.com