



**FAYETTEVILLE
ATHLETIC CLUB**

Fall 2022 Group Fitness Class Schedule

Due to spacing requirements, all classes will require sign-up.

Please note changes in class times and locations.

MONDAY

5:30am	BODYPUMP	Rick/Large
5:30am	BreakfastClub	Chandler/WAYMO
8:20am	BODYPUMP	Tamara/Large
8:20am	GRIT	Caroline/ Small
8:45am	Warm Yoga Flow	Catherine/HotStudio
9:00am	Aqua Aerobics (75)	Sue/Pool
9:00am	Fast Feed	Team/Tennis
9:30am	WAYMO	Ben/WAYMO
9:30am	Precision Cycle	Sharon/Cycle
9:30am	Barre Intensity	Chelsea/Large
10:00am	Sweat Sculpt	Jennifer/HotStudio
10:40am	Young at Heart	Reuben/Large
Noon	BODYPUMP	Alyssa/Large
Noon	WAYMO	Ben/WAYMO
4:15pm	WAYMO	Kim/WAYMO
4:20pm	BODYPUMP	Steve/Large
5:00pm	Hot Yoga Flow	Ben/HotStudio
5:30pm	GRIT	Mason/ Large
6:00pm	DanceFIIT	Ashley/Large
6:10pm	SPRINT	Mason/Cycle
6:00pm	Fast Feed	Team/Tennis

TUESDAY

5:30am	BODYATTACK	Corinne/Large
5:30am	Precision Cycling	Liz T/ Cycle
5:30am	Master Sharks	Chelsea/Pool
8:20am	Pilates Plus	Liz T/Large
8:20am	GRIT	Betsy/Small
9:00am	WAYMO	Betsy/WAYMO
9:00am	Fast Feed	Team/Tennis
9:30am	DanceFIIT	Bianca/Large
10:30am	Flow Yoga	Nicole O/Small
11:00am	WAYMO	Betsy/WAYMO
Noon	Barre Intensity	Jordan/Large
Noon	Hot Mat Pilates	Amala/HotStudio
Noon	SPRINT	Steve/Cycle
12:35pm	LMCORE	Steve/Small

TUESDAY

4:20pm	FAC Burn	Aylssa/Large
4:30pm	WAYMO	Chris/WAYMO
5:00pm	Sweat Sculpt	Brooke/HotStudio
5:30pm	BODYPUMP	Mason/Large
5:30pm	WAYMO	Chris/Waymo
6:00pm	HIIT Spin	Tiffany/Cycle
6:00pm	Fast Feed	Team/Tennis

WEDNESDAY

5:30am	BODYPUMP	Rick/Large
5:30am	BreakfastClub	Chandler/WAYMO
7:00am	Master Sharks	Zach/Pool
8:20am	BODYPUMP	Corinne/Large
9:00am	Aqua Aerobics	Sue/Pool
9:00am	Fast Feed (Tennis)	Team/Tennis
9:30am	FAC Burn	Betsy/Large
9:30am	Precision Cycle	Belle/Cycle
10:00am	Sweat Sculpt	Brooke/HotStudio
10:40am	YAH	Reuben/Large
Noon	GRIT	Jennifer/Large
Noon	Warm Flow Yoga	Jennifer/HotStudio
12:00pm	WAYMO	Kim/WAYMO
4:15pm	WAYMO	Kim/WAYMO
4:20pm	BODYPUMP Express	Steve/Large
4:50pm	LMCORE	Steve/Large
5:30pm	BODYFLOW	LeeAnn/Small
5:30pm	Turn It Up Dance	Emily/Large
6:00pm	Wednesday Spin	Kimberly/Cycle
6:00pm	PowerFusionYoga	Melissa/HotStudio
6:00pm	Fast Feed	Team/Tennis



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THURSDAY

5:30am	FAC Burn	Kim/Large
5:30am	RPM	Avery/Cycle
5:30am	Master Sharks	Chelsea/Pool
8:20am	Pilates Plus	Liz T/Large
8:20am	GRIT	Betsy/Small
9:00am	WAYMO	Betsy/WAYMO
9:00am	Fast Feed (Tennis)	Team/Tennis
9:30am	DanceFIIT	Ann/Large
10:30am	Flow Yoga	Catherine/Small
11:00am	WAYMO	Betsy/WAYMO
Noon	FAC Burn	Jordan/Large
Noon	Hot Power Flow	Team/HotStudio
Noon	SPRINT	Anna/Cycle
12:35pm	LMCORE	Corinne/Small
4:30pm	WAYMO	Cate/WAYMO
4:45pm	GRIT	Caroline/Large
5:30pm	BODYPUMP	Jennifer/Large
5:30pm	WAYMO	Cate/WAYMO
6:00pm	RPM	Steve/Cycle
6:00pm	Fast Feed	Team/Tennis

FRIDAY

5:30am	PUMP 30/LMCORE	Kim P/Large
5:30am	BreakfastClub	Chandler/WAYMO
8:20am	BODYPUMP	Caroline/Large
8:45am	Warm Flow Yoga	Nicole/Small
9:00am	Fast Feed	Team/Tennis
9:00am	Aqua Aerobics	Sue/Pool
9:30am	RPM	Rayna/Cycle
9:30am	Barre Intensity	Chelsea/Large
10:00am	Sweat Sculpt	Betsy/HotStudio
10:40am	Young at Heart	Reuben/Large
Noon	BODYPUMP	Steve/Large
Noon	GRIT	Jennifer/Small
Noon	MasterSharks	Anita/Pool
12:00	WAYMO	Kim/WAYMO
5:00pm	Slow Flow	Ben/Hot Studio

SATURDAY

8:15am	BODYPUMP	Rick/Large
8:30am	Saturday Spin	Tiffany/Cycle
8:30am	WAYMO	Team/WAYMO
8:30am	Fast Feed	Team/Tennis
9:30am	BODYATTACK	Brooke/Large
9:30am	Warm Flow	Team/HotStudio
9:30am	Fast Feed	Team/Tennis
10:40am	DanceFIIT	Team/Large
11:00am	WAYMO	Team/WAYMO
Noon	90min WarmFlow	Team/HotStudio

SUNDAY

1:20pm	Barre Intensity	Jordan/Large
1:30pm	90min Warm Flow	Jill/HotStudio
2:30pm	Body Combat	Anna/Small
2:30pm	DanceFIIT	Candace/Large
2:30pm	Sunday Spin	Team/Cycle
3:40pm	BODYPUMP	Kim/Large