



FAYETTEVILLE ATHLETIC CLUB

FALL 2023 Group Fitness Schedule

All classes require sign-up. *denotes paid classes.

Please note changes in class times and locations.

MONDAY

5:30am	BODYPUMP	Rick/Large
5:30am	BreakfastClub	Lisa/WAYMO
5:45am	Progressive Strength*	Betsy/Small
8:30am	BODYPUMP	Tamara/Large
8:45am	Warm Yoga Flow	Catherine/Small
9:00am	Aqua Aerobics (75)	Sue/Pool
9:00am	Fast Feed *	Team/Tennis
9:00am	WAYMO	Chris/WAYMO
9:00am	Precision Cycle	Sharon/Cycle
9:30am	Barre Intensity	Chelsea/Large
10:30am	Hot Cardio Sculpt	Brooke/Small
10:30am	AMP	Betsy&Jen/AMP
10:40am	Young at Heart	Reuben/Large
Noon	LM BODYPUMP	Jennifer/Large
Noon	WAYMO	Chris/WAYMO
Noon	Vinyasa Flow	Benja/Small
4:30pm	LM BODYPUMP	Steve/Large
5:00pm	Warm Yoga Flow	Ben/Small
5:30pm	WAYMO	Kim/WAYMO
5:30pm	LM GRIT	Mason/ Large
6:00pm	DanceFIIT	Ashley/Large
6:00pm	Fast Feed*	Team/Tennis
6:10pm	LM SPRINT	Mason/Cycle

TUESDAY

5:30am	LM BODYATTACK	Corinne/Large
5:30am	Precision Cycle	Liz T/ Cycle
8:30am	Pilates Plus	Liz T/Large
8:30am	LM GRIT	Betsy/Small
9:00am	Fast Feed *	Team/Tennis
9:00am	Precision Cycle	Belle/Cycle
9:30am	Progressive Strength*	Jennifer/Small
9:30am	DanceFIIT	Bianca/Large
10:30am	Flow Yoga	Nicole O/Small
10:45am	YAH Stretch (30min)	Melissa/Large
11:00am	WAYMO	Kim/WAYMO

TUESDAY

Noon	Barre Intensity	Jordan/Large
Noon	Hot Mat Pilates	Amala/Small
Noon	LM SPRINT	Steve/Cycle
12:35pm	LM CORE	Steve/AMP
4:30pm	LM Tone	Betsy&Jen/Large
5:30pm	Hot Cardio Sculpt	Brooke/Small
5:30pm	LM BODYPUMP	Mason/Large
5:30pm	WAYMO	Chris/WAYMO
6:00pm	HIIT Spin	Tiffany/Cycle
6:00pm	Fast Feed*	Team/Tennis

WEDNESDAY

5:30am	LM BODYPUMP	Rick/Large
5:30am	BreakfastClub	Lisa/WAYMO
6:00am	WarmSunriseYoga	Lori/Small
7:00am	Master Sharks *	Zach/Pool
8:30am	LM BODYPUMP	Corinne/Large
9:00am	RPM	Rayna/Cycle
9:00am	WAYMO	Ben/WAYMO
9:00am	Aqua Aerobics	Sue/Pool
9:00am	Fast Feed*	Team/Tennis
9:30am	LM TONE	Jennifer/Large
10:30am	AMP	Jordan/AMP
10:40am	YAH	Reuben/Large
Noon	GRIT	Jennifer/Large
Noon	Hot Flow Yoga	Jennifer/Small
Noon	WAYMO	Kim/WAYMO
1:00pm	Athletic Stretch	Melissa/WAYMO
4:30pm	PUMP30/LMCORE	Steve/Large
5:30pm	BODYFLOW	LeeAnn/Large
5:30pm	Progressive Strength*	Amy/Small
5:30pm	WAYMO	Chris/WAYMO
6:00pm	Wednesday Spin	Kimberly/Cycle
6:00pm	Fast Feed*	Team/Tennis
6:30pm	Hot Yoga	Melissa/Small



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Be note changes in times and locations

THURSDAY

5:30am	FullBodyTone	Melissa/Large
5:30am	LM RPM	Avery/Cycle
8:30am	Pilates Plus	Liz T/Large
8:30am	LM GRIT	Betsy/Small
9:00am	Precision Cycle	Sharon/Cycle
9:00am	Fast Feed*	Team/Tennis
9:30am	DanceFIIT	Ann/Large
9:30am	Progressive Strength*	Jennifer/Small
10:30am	Flow Yoga	Catherine/Small
11:00am	WAYMO	Chris/WAYMO
Noon	Hot Power Flow	Jennifer/Small
Noon	HIIT Cycle	Anna/Cycle
Noon	LM TONE (30)	Betsy/Large
12:35pm	LM CORE	Betsy/Large
4:30pm	Progressive Strength*	Amy/Small
4:45pm	LM GRIT	Caroline/Large
5:30pm	LM BODYPUMP	Jennifer/Large
5:30pm	WAYMO	Cate/WAYMO
6:00pm	Hot Flow Yoga	Jill/Small
6:00pm	LM RPM	Steve/Cycle
6:00pm	Fast Feed *	Team/Tennis

FRIDAY

5:30am	PUMP 30/LMCORE	Corinne/Large
5:30am	BreakfastClub	Lisa/WAYMO
5:45am	Progressive Strength*	Betsy/Small
8:30am	LM BODYPUMP	Caroline/Large
8:45am	Flow Yoga	Nicole/Small
9:00am	Fast Feed*	Team/Tennis
9:00am	Aqua Aerobics	Sue/Pool
9:30am	Barre	Brooke/Large
10:30am	Sweat Sculpt	Betsy/Small
10:30am	AMP	Chelsea/AMP
10:40am	Young at Heart	Reuben/Large
Noon	LM BODYPUMP	Steve/Large
Noon	LM GRIT	Jennifer/Small
Noon	WAYMO	Kim/WAYMO
Noon	MasterSharks*	Anita/Pool
1:00pm	Athletic Stretch	Melissa/WAYMO
5:00pm	Warm Flow	Ben/Small

SATURDAY

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

SUNDAY

12:30pm	Progressive Strength*	Team/Large
1:30pm	Barre Intensity	Jordan/Large
1:30pm	90min Warm Flow	Jill/Small
2:30pm	LM COMBAT	Anna/Large
2:30pm	Sunday Spin	Team/Cycle
3:40pm	LM BODYPUMP	Team/Large

Schedule for Spring/Summer 2023

*Classes are reserved for members and guests 13 years and over. WAYMO age minimum is 16.

*Registration is required and opens 24 hours before class.

*You can register online or by calling the front desk and is first come first serve.

*FAC does not supply mats for heated classes

*Progressive Strength is a 12-week, paid, small group program