



GROUP FITNESS

Summer Edition

Emporia Fitness
2812 W. 12th
www.emporiafitness.com
620-342-2348

Monday	Tuesday	Wednesday	Thursday	Friday
Cardio Kickboxing Bethany 5:45a-6:30a	Bootcamp Tatiana 5:30a-6:15a	Cardio Kickboxing Bethany 5:45a-6:30a	Bootcamp Tatiana 5:30a-6:15a	Sunrise Spin Jess 5:30a-6:15a
	 Yoga Flow Kelsey 7:30a-8:30a		 Yoga Flow Kelsey 7:30a-8:30a	A.M. Yoga Ruth 6am-7am
Golden Gear Jess 7:30a-8:00a		Golden Gear Jess 7:30a-8:00a		Golden Gear Jess 7:30a-8:00a
	Power Pump .5 Jess 8:30a-9:00a		Power Pump .5 Jess 8:30a-9:00a	Insanity w/ Amy 8:35a-9:05a
Zumba Toning Amy 9:00a-10:00a	Insanity w/ Amy 9:00a-9:30a	Zumba Amy 9:00a-10:00a	LIFT Amy 9:00a-9:35a	Zumba Amy 9:05a-9:55a
Golden Gear Tatiana 10:45a-11:15a 11:15a-11:45a		Golden Gear Tatiana 10:45a-11:15a 11:15a-11:45a		Golden Gear Tatiana 10:45a-11:15a 11:15a-11:45a
Power Pump Jess 12:15p-12:45p	Quick Spin Jess 12:15p-12:45p	Power Pump Jess 12:15p-12:45p	Quick Spin Jess 12:15p-12:45p	Power Pump Jess 12:15p-12:45p
PiYo Carrie 5:00p-5:30p		PiYo Carrie 5:00p-5:30p		
Insanity w/ Amy 5:15p-5:45p	Pilates Linda 5:30p-6:30p	Insanity w/ Amy 5:15p-5:45p	Pilates Linda 5:30p-6:30p	Lights Out Zumba Amy 5:30p-6:20p
Zumba Amy 5:45p-6:40p		Zumba Toning Amy 5:45p-6:40p		

Weekend Warrior Workouts

8:15a-9:00a

Each Saturday during the summer, we will be having a workout for those weekend warriors!

This class will consist of something different every Saturday morning!

Be ready to sweat, work hard, and have fun!