

GROUP FITNESS SCHEDULE

FALL 2022

SEPTEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
CIRCUIT	CROSS FIT	ABS	CIRCUIT	
TRAINING	TRAINING	FOR	TRAINING	
Phase 1	Phase 2	EVERYONE	Phase 1	
11:00 – 1:00	11:00 -1:00	11:00 – 1:00	11:00 – 1:00	
CROSS FIT	CIRCUIT		CIRCUIT	
		TRX 10		
TRAINING	TRAINING	FOR	TRAINING	
Phase 1	Phase 1	EVERYONE	Phase 1	
1:00 – 2:00	1:00 – 2:00	1:00 – 3:00	1:00 – 2:00	
ODOSS FIT	OIDOLUT	MADTIAL	ODOSS FIT	
CROSS FIT	CIRCUIT	MARTIAL	CROSS FIT	
TRAINING	TRAINING	ARTS	TRAINING	
Phase 2	Phase 1	Phase 1	Phase 2	
2:00 – 3:00	2:00 – 3:00	3:00 – 4:00	2:00 – 3:00	
	MARTIAL		0	
	ARTS	ZUMBA		
	Phase 1	4:00 - 6:00		
78	3:00 - 4:00	4.00 - 6.00		
		2		
				4



TO JOIN GROUP FITNESS BY APPOINTMENT ONLY

EMAIL THE TRAINER - tycfit@gmail.com

REGISTER IN ADVANCE ON THE CITY TECH RECREATION & INTRAMURAL WEBSITE