



O'Brien Center  
September 22nd - September 28th

321 E. Walter Street  
South Bend, IN 46614  
5742993482

	TUE 22	WED 23	THU 24	FRI 25	SAT 26	SUN 27	MON 28
<b>5am</b>	<b>CST</b> Stuebaker Ashley R 5:15am - 6:15am	<b>BODYPUMP™</b> Bendix Karin L 5:30am - 6am	<b>CST</b> Stuebaker Ashley R 5:15am - 6:15am				<b>BODYPUMP™ Express</b> Stuebaker Karin L 5:30am - 6am
	<b>Cycling/RPM™</b> Potawatomi Karin L 5:30am - 6:15am		<b>Cycling/RPM™</b> Potawatomi Nicci D 5:30am - 6:15am				
<b>6am</b>		<b>CXWORX™</b> Bendix Karin L 6:05am - 6:35am					<b>CXWORX™</b> Stuebaker Karin L 6:05am - 6:35am
<b>7am</b>					<b>Cycling</b> Potawatomi Melissa C 7:30am - 8:30am		
<b>8am</b>				<b>Pilates/Barre</b> Stuebaker Lori B 8:30am - 9:15am	<b>BODYPUMP™</b> Bendix Ashleigh T. 8am - 9am		
					<b>Cardio Pump</b> Stuebaker Ashley R 8:45am - 9:45am		
<b>9am</b>	<b>Zumba®</b> Stuebaker Karin L 9am - 10am	<b>RPM™</b> Potawatomi Rian H 9am - 9:45am	<b>Zumba®</b> Stuebaker Karin / Nicci 9am - 10am	<b>BODYPUMP™</b> Bendix Karin L 9am - 9:45am	<b>GRIT™ Strength</b> Bendix Ashleigh T. 9:15am - 9:45am	<b>BODYPUMP™</b> Stuebaker Aleigha B 9:15am - 10:15am	<b>Body Toning</b> Stuebaker Missy R. 9am - 10am
	<b>Interval Spinning</b> Potawatomi Lori B 9:30am - 10:30am	<b>Body Toning</b> Stuebaker Missy R. 9am - 10am	<b>Interval Spinning</b> Potawatomi Lori B 9:30am - 10:30am	<b>Interval Spinning</b> Potawatomi Lori B 9:30am - 10:30am			
<b>10am</b>	<b>BODYPUMP™</b> Bendix Ashleigh T. 10am - 11am			<b>BODYFLOW™ Flexibility/Yoga</b> Bendix Karin L 10:15am - 11am	<b>Gentle Yoga</b> Bendix Rian H 10am - 11am		<b>Pilates</b> Stuebaker Lori B 10:15am - 11am
					<b>DanceFit</b> Stuebaker Jenni S 10am - 10:45am		
<b>4pm</b>	<b>Cardio Mix</b> Stuebaker Lori B 4:30pm - 5pm		<b>Cardio Barre/Pilates</b> Stuebaker Lori B 4:30pm - 5pm	<b>Core Yoga</b> Stuebaker Diane H 4pm - 5pm			<b>Yoga</b> Stuebaker Diane H 4pm - 5pm
<b>5pm</b>	<b>Body Toning</b> Stuebaker Lori B 5:05pm - 5:35pm	<b>Cardio Kickboxing</b> Stage Diana M 5:15pm - 6:30pm	<b>Body Toning</b> Stuebaker Lori B 5:05pm - 5:35pm	<b>BODYPUMP™</b> Bendix Kim H 5:30pm - 6:30pm			<b>Cardio Pump</b> Stuebaker Ashley R 5:30pm - 6:30pm
	<b>Kettlebells</b> Stuebaker Mikaela G 5:40pm - 6:40pm	<b>Cardio Drumming</b> Oliver Jess S 5:30pm - 6:20pm	<b>Kettlebells</b> Stuebaker Mikaela G 5:40pm - 6:40pm				<b>Cycling</b> Potawatomi Melissa C 5:30pm - 6:30pm

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



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	TUE 22	WED 23	THU 24	FRI 25	SAT 26	SUN 27	MON 28
	<b>Cycling</b> Potawatomi Linnzi / Betsy 5:45pm - 6:30pm	<b>Cardio Pump</b> Stuebaker Ashley R 5:30pm - 6:30pm	<b>Cardio Barre/Pilates</b> Bendix Lori B 5:45pm - 6:30pm				
	<b>Pilates</b> Bendix Lori B 5:45pm - 6:30pm	<b>Cycling</b> Potawatomi Tom K 5:30pm - 6:30pm	<b>Cycling</b> Potawatomi Linnzi / Betsy 5:45pm - 6:30pm				
<b>6pm</b>		<b>DanceFit</b> Stuebaker Jenni S 6:45pm - 7:30pm					<b>Hip Hop</b> Bendix Jess S 6:45pm - 7:30pm
							<b>BODYPUMP™</b> Stuebaker Heather Z 6:45pm - 7:30pm
<b>7pm</b>		<b>Yoga</b> Parking Lot Jamie R 7pm - 8pm					<b>Pound</b> Stuebaker Michelle G. 7:45pm - 8:30pm

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