

2024 ZACH'S CLUB GROUP FITNESS SCHEDULE

4229 78TH STREET 806-780-5454

Group Fitness Director: deborahzachsclub@gmail.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15AM-6:15AM TRIM & TONE AUTUMN		5:15AM-6:15AM PUMP SHARON		5:15AM-6:15AM PUMP CHRISTY		
8:00AM-9:00AM SCULPT JANET		8:00AM-9:00AM SCULPT ASHLEY		8:00AM-9:00AM SCULPT DEBORAH		
9:15AM-10:15AM PUMP KAYLA	9:15AM-10:15AM HIGH FITNESS TISH	9:15AM-10:15AM S.W.E.A.T REAGAN	9:15AM-10:15AM UPBEAT BARRE TISH	9:15AM-10:15AM HIGH FITNESS REAGAN	9:00AM-10:00AM CARDIO FUSION Rotating Instructor	
					10:00AM-11:00AM PUMP Rotating Instructor	
12:00PM-12:45PM YOGA ANGIE		12:00PM-12:45PM GENTLE YOGA JANET		12:00PM-12:45PM YOGA DEBORAH		
						3:00PM-4:00PM YOGA Rotating Instructor
5:30PM-6:30PM PUMP ERIC	5:30PM-6:30PM ZUMBA VANESSA	5:30PM-6:30PM PUMP ERIC	5:30PM-6:30PM YOGA LINDA			
6:30PM-7:30PM CARDIO ATTACK ERIC	6:30PM-7:30PM TONE & SHRED VANESSA	6:30PM-7:30PM CARDIO ATTACK ERIC	6:30PM-7:30PM PILATES ASHLEY			
C	Y	C	L	I	N	G
5:15AM-6:15AM CYCLING SMITTY	5:15AM-6:15AM CYCLING AUDREY	5:15AM-6:15AM CYCLING SMITTY	5:15AM-6:15AM CYCLING AUDREY	5:15AM-6:15AM CYCLING SMITTY		
	9:00AM-10:00AM CYCLING AUTUMN		9:00AM-10:00AM CYCLING MICHELLE		9:00AM-10:00AM CYCLING Rotating Instructor	
5:30PM-6:30PM CYCLING CRYSTAL		5:30PM-6:30PM CYCLING MICHELLE				2:00PM-3:00PM CYCLING Rotating Instructor