

Group Fitness Schedule

Winter 2019



Mon

Tue

Wed

Thu

Fri



STEP & PUMP
12:15pm-12:45pm
Reggie



KETTLE & KICK
12:15pm-1:00pm
Christine



CARDIO CIRCUIT
12:15pm-12:45pm
Reggie



BOOT CAMP
12:15pm-1:00PM
Christine



WILD CARD FRIDAYS
12:15pm-12:45pm
Staff



PAIN IN THE ABS
12:45pm-1:00pm
Reggie
FREE



FIT & FLOW*
12:45pm-1:15pm
Christine



YIN-YASA YOGA
5:30pm-6:30pm
Christine

*(Meditation in place of Fit & Flow last Wednesday each month.)



PILATES
5:30pm-6:15pm
Reggie
FREE



Johns Hopkins Bayview Fitness Center
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410-550-1690 main



Effective 9/1/2018