

SUNDAY Not Staffed & No Childcare	MONDAY Childcare Hours: 8am-12pm & 4-8pm	TUESDAY Childcare Hours: 8am-1pm & 4-8pm	WEDNESDAY Childcare Hours: 8am-1pm & 5-8pm	THURSDAY Childcare Hours: 8am-1pm & 4-8pm	FRIDAY Childcare Hours: 8am-12pm & 5-7pm	SATURDAY Childcare Hours: 8am - 12pm
1	2	3	4	5	6	7
Sunday classes are for FFW Members Only. Other entry will result in trespassing charges. 7am - Spinning - BSW 1pm - Zumba - KK ☼ 3pm - Spinning - CB ☼ Family-Friendly Classes are for children, ages 8+, who are FFW Junior Members, attending with parent.	5:30am-Spinning-MA 5:30am-justWIN-KK 6:30am-CoreWorks-KS 8:15am-GetRipped-SJ 8:15am-Spinning-MT 9:30am-BodyFlow-JMK 11:15/12-KettleBell-BM☼ 4:30p-ZumbaGOLD-KK 4:45pm-CoreWorks-KS 5:15pm-KettleBell-CH 5:30p-ZumbaToning-KK 5:30pm-Spinning(1)-KS 5:30pm-Spinning(2)-TB 6:30pm-Spinning-JK 6:30pm-BodyFlow-MM 6:30pm-BodyPump-CP	5:30am-BodyPump-LD 5:45am-Spinning(2)-BR 8:15a-Hatha Yoga-CD 8:15am-BodyPump-MT 9:30am-Spinning-KS 10am- Pilates+ -SJ 10:30a-SS*Classic-JMK 12pm - QuikFit - TL 1215-CoreWorks-JMK☼ 4:30-HardCore&More-JE 4:30pm-Zumba-BW 5:30pm-BodyPump-KS 5:30pm-KickFit-TL 6pm-Spinning-CB 6:30pm-Pilates-MSK	5:30am-Spinning-MA 5:30am-justWIN-KK 8:15am-GetRipped-SJ 8:15am-Spinning-MT 9:30am-BodyFlow-MSK 10am-SS*Yoga-CD 10:30a-TurboKick-CH 11:15/12-KettleBell-BM☼ 12pm-Z*QuikBurn-BW 4pm-Z*Gold@Leland-KK 4:30p-VinayaYoga-MC 5:30p-Kid's Class 5:30pm-Spinning-SB 5:30pm-BodyFlow-MSK 5:30pm-justWIN-Kim ☼ 6:30pm-Spinning-BSW 6:30pm-CoreWorks-SB 7pm - T R X - Kim ☼	5:30am-BodyPump-KS 5:45am-Spin(2)-MH 6:15am-Spin(1)-RM 8:15a-Hatha Yoga-CD 8:15am-BodyPump-MT 8:30am - Spinning- KS 10am- Pilates+ -MSK 10:30a-SS*Classic-DC 1215-Butts/Guts-JMK☼ 4pm-Judo@RecPlex-TD 4:30-HardCore&More-JE 5:30pm-BodyPump-SB 5:30pm-Spinning-MC 5:30pm-Piloxing-SJ 6:30pm-Zumba-BW 6:45pm-Spinning-BSW 7:30pm-KickFit-TL	5:30am-Spinning-MA 6:30a-CoreWorks-SB☼ 8:15am-Spinning-KS 9:15am-KettleBell-BM 9:30am-BodyFlow-MM 10:30a-SS*Classic-DC 12pm-ZumBell-BW 4p-MuayThaiKickBox-TD 5:30p-Spinning-SB ☼ 5:30p-BodyFlow-MMD☼ 6:30p-BellyDancing-DT	7am-Spinning-KS 8am-BodyPump-KK 9am-StepCombo-JE 9:15am-CoreWorks-KK 10am-justWIN-KK ☼ 10am - Zumba - SD 11am-Pilates-SJ 12pm-KickFit-TL
LIBERTY CLASSES --> 6:30pm-Zumba-JS	5:45-Butt'n'Down-DF ☼ 6:30pm-Zumba-MD	5:45pm-CoreWorks-DF	5:45pm-TonedUp-DF	5:45p-BodyFlow-MMD	--> LIBERTY CLASSES -->	9am-BodyFlow-MMD
8	9	10	11	12	13	14
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LIBERTY CLASSES --> 6:30pm-Zumba-JS	5:45-Butt'n'Down-DF ☼ 6:30pm-Zumba-MD	5:45pm-CoreWorks-DF	5:45pm-TonedUp-DF	5:45p-BodyFlow-MMD	--> LIBERTY CLASSES -->	9am-BodyFlow-MMD

BH-Brent Henderson / BM-Brian Massey / BR-Brett Roland / BSW-"Big Steve" Williams / BW-Brandy Whalen / CB-Christy Bohlander / CD-Cindy Doner / CH-Carey Holt / CP-Chris Pegg / DC-Dave Caldwell / DF-Donna Finch / DP-Derek Prifogle / DT-Dot Thorman / JE-Jeanie Engle / JK-John Kuhn / JMK-Jess McKinney / JS-Jessica Sanford / Kim-Kim Smith / KK-Kay Koger / KM-Karen Montgomery / KS-Kate Schamel / LD-Laura Dafler / MA-Mike Allen / MC-Melissa Cox / MD-Melissa Davis / MH-Morgan Howard / MM-Malia Miller / MMD-Melanie McDaniel / MSK-Marta Sebastian-Kubesch / MT-Mike Talbot / RM-Rick Moore / SB-Steph Baker / SD-Suzanne Derengowski / SJ-Sandy Jefferis / TB-Tom Broyles / TD-Tim Davis / TL-Toby Ladd / TP-Tiffany Philbeck

Family FitnessWorks Certified Personal Trainers

ANDY CHAPMAN / COLLEEN WEDDLE / DEREK PRIFOGLE / JESSICA MCKINNEY / KATE SCHAMEL / KIM SMITH / MIKE WRIGHT / TPAUL HOMDROM

>>> set up your FREE personal training consult TODAY! ...see Colleen for details <<<

FFW RICHMOND (Warehouse) - STAFFED HOURS*: Mon - Fri: 8am-7pm Saturday: 7am-2pm *(24-hour Gym Access Available)

RICHMOND ~ 213 North 3rd Street ~ Richmond, IN 47374 ~ 765.935.9191 ~ www.FamilyFitnessWorks.com

FFW EXPRESS - STAFFED HOURS*: Mon-Fri: 10am-8pm Sat: 8am-9pm Sun: 12pm-6pm *(24-hour Gym Access Available)

FFW REC PLEX - OPEN [Recreation] HOURS: Fri: 4pm-9pm Sat: 11am-9pm Sun: 12pm-6pm Mon-Thurs: CLOSED

RICHMOND ~ 600 Commerce Drive ~ Richmond, IN 47374 ~ 765.373.8136 ~ www.FamilyFitnessWorks.com

*****NEW*** FFW SPORTS PLEX: Monday - Friday: 11am - 10pm Saturday: 9am - 10pm Sunday: 9am - 6pm**

RICHMOND ~ 1300 Rose City Blvd ~ Richmond, IN 47374 ~ 765.935.0111 ~ www.FamilyFitnessWorks.com

LIBERTY - STAFFED HOURS*: Monday - Friday: 9am - 7pm Saturday: 8am - 12pm *(24-hour Gym Access Available)

LIBERTY ~ 225 South Main Street ~ Liberty, IN 47353 ~ 765.458.9111 ~ e-mail: info@FFWmail.com

STUDIO 1 (2nd Floor)		
BodyFlow	Hatha Yoga	Piloxing
Zumba (ALL)	Pilates	Step Combo
MuayThai Kickboxing	Belly Dancing	TurboKick
KickFit	Weds Night Kid's Class meets in Youth Center	



FUNCTIONAL TRAINING STUDIO		
BodyPump	KettleBell	HardCore & More
TRX Suspension	Butt'nDown	CardioCombat
CoreWorks	Butts&Guts	SilverSneakers
justWIN.	UFIT Academy	Get Ripped

☼ Classes marked with a Sun (☼) are considered Family-Friendly Classes (ages 8-14); parents **MUST** read and complete a WAIVER & TERMS agreement before participating. ☼