



September Group Fitness Schedule

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email: Roz@gearhartworkout.com

503.738.6221

Monday	tuesday	wednesday	thursday	friday	saturday
7am Studio Cycle 45 min. Roz Mod/Challenge	7am 60 min. Roz Cardio Strength Circuit Mild/Mod/Challenge	7am Studio Cycle 45 min. Roz Mod/Challenge		7:15am Studio Cycle 30 min. Roz Moderate	Reserve a spot for the Saturday cycle! Call or email Friday 7am-6pm ↓
				7:55am Abs 15 min. Roz Moderate/Challenge	7:30am Studio Cycle 60min. Roz Mod/Challenge Jennifer 9/18 & 25th
9:00am Pyramids 30 Min. Roz Mild/Mod/Challenge		8:45am Total Body Workout 60 min. Roz Moderate/Challenge	8:45am Studio Cycle 45 min. Roz Moderate/Challenge		8:45 am Yoga 70 min. Roz Moderate Shayna 9/18 & 25th
10am Stay fit Forever 60 min. Kimberly Mild/Moderate		10am Stay fit Forever 60 min. Roz Mild/Moderate		10:00 am Stay Fit/Stretch 45min. Roz Cardio and stretch Mild	10:00am * FEE Hoop Dance With Mandy 60 min. No class 9/4
4:00pm *FEE Hoop Dance With Mandy 60 min. 8/9	4:15pm Yoga 60 min. Roz Moderate Shayna 8/24	4:00pm *FEE Hoop Dance With Mandy 60 min. 9/1,8,15, & 22nd	5:00pm *FEE Zandance Barre With Rozanne 30 min Series begins 9/23 (1st class FREE)		Closures Monday 9/6 Sat. 11am 9/18 Fri. 11am 9/24 Sat. 11am 9/25
5:45pm Studio Cycle 45 min. Roz Mod/Challenge	5:30pm 45 min. Roz Cycle & BodyWork Moderate/Challenge	5:45m Roz 60 min Cardio Strength Circuit Mild/Mod/Challenge	5:45pm Cycle & ABS 60 Min. Roz Moderate /Challenge	Reserve a spot for all 5:45pm classes . Call or email the day of the class , starting at 7am. ←	
	6:30pm * FEE Kettlebell Basics 45-60 min. Roz (must complete the Kettlebell workshop prior to class) ask Roz 	6:45pm * FEE Kettlebell Basics 45-60 min. Roz (Must complete the Kettlebell workshop prior to class) ask Roz 		HOOP DANCE Zandance Barre STUDENTS →	To participate in <u>Hoop Dance</u> Email Mandy Ferguson.ad@gmail.com or <u>Zandance Barre</u> Email Rozanne rozanne@ebb2flo.com

2 student minimum for a class — Bring a Positive Attitude and Good Energy —

Bring WATER • a SWEAT TOWEL is mandatory • NO cell phones ON during class •

Listen to your body, modify movement when appropriate • Wear proper footwear, **NO BEACH SHOES**

NO PERFUMES of strong scented lotions • Notify instructor of any considerations/limitations you may have

DO NOT DO YOUR OWN THING— FOLLOW INSTRUCTOR CUES