



## Group Fitness Schedule at American Cancer Society (ACS)

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:15am-7:00am	Core Yoga				
6:30am-7:15am		Intermediate Yoga	Gentle Yoga	Vinyasa Yoga	Pilates
12:00pm-12:30pm	Muscle Tone	Body Sculpt	Muscle Tone	Body Sculpt	
12:30pm-12:45pm	Abs Blast	Abs Crunch	Abs Blast	Abs Crunch	
4:30pm - 5:15pm			PowerFlex		
4:30pm-5:30pm		YogaLates			
5:15pm-6:00pm	Pilates			Pilates	Step-n-Sculpt
5:20pm-6:05pm			Step Aerobics		
5:35pm-6:20pm		Zumba Sculpt			
6:05pm-6:50pm				Cardio Kick	
6:25pm-7:10pm		Yoga Flow			
7:00pm-7:45pm				Power Yoga	

To register for classes, simply complete the registration form below and drop it off at the Walker Fitness Center. Or you can email your class preference, days, time and location to Katelyn Phillips at [PHILLIK3@ccf.org](mailto:PHILLIK3@ccf.org)

Name: \_\_\_\_\_ Employee # \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Select the class or classes in which you would like to attend by placing a check  in the appropriate boxes below:

Class Name	Day	Time	<input checked="" type="checkbox"/>
Core Yoga	Monday	6:15am-7:00am	<input type="checkbox"/>
Muscle Tone	Monday	12:00pm-12:30pm	<input type="checkbox"/>
Abs Blast	Monday	12:30pm-12:45pm	<input type="checkbox"/>
Pilates	Monday	5:15pm-6:00pm	<input type="checkbox"/>
Intermediate Yoga	Tuesday	6:30am-7:15am	<input type="checkbox"/>
Body Sculpt	Tuesday	12:00pm-12:30pm	<input type="checkbox"/>
Abs Crunch	Tuesday	12:30pm-12:45pm	<input type="checkbox"/>
YogaLates	Tuesday	4:30pm-5:30pm	<input type="checkbox"/>
Zumba Sculpt	Tuesday	5:35pm-6:20pm	<input type="checkbox"/>
Yoga Flow	Tuesday	6:25pm-7:10pm	<input type="checkbox"/>
Gentle Yoga	Wednesday	6:30am -7:15am	<input type="checkbox"/>
Muscle Tone	Wednesday	12:00pm-12:30pm	<input type="checkbox"/>
Abs Blast	Wednesday	12:30pm-12:45pm	<input type="checkbox"/>
PowerFlex	Wednesday	4:30pm-5:15pm	<input type="checkbox"/>
Step Aerobics	Wednesday	5:20pm-6:05pm	<input type="checkbox"/>
Vinyasa Yoga	Thursday	6:30am-7:15am	<input type="checkbox"/>
Body Sculpt	Thursday	12:00pm-12:30pm	<input type="checkbox"/>
Abs Crunch	Thursday	12:30pm-12:45pm	<input type="checkbox"/>
Pilates	Thursday	5:15pm-6:00pm	<input type="checkbox"/>
Cardio Kick	Thursday	6:05pm-6:50pm	<input type="checkbox"/>
Power Yoga	Thursday	7:00pm-7:45pm	<input type="checkbox"/>
Pilates	Friday	6:30am-7:15am	<input type="checkbox"/>
Step-n-Sculpt	Friday	5:15pm-6:00pm	<input type="checkbox"/>