



# Group Fitness Schedule

Effective 1/6/2025

For questions or concerns,  
contact Taylor Shore at 515-708-4133 or taylor@fitnessworldclubs.com

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
First Floor Group Fitness Studio	6:00 AM	<b>CARDIO KICKBOXING</b> »» EXPRESS			<b>KICK &amp; SCULPT</b>		
	7:30 AM			<b>ubeat LIFT</b>			
	8:30 AM	<b>GROUP POWER</b>	<b>GROUP BLAST</b>	<b>PILATES BARRE</b>	<b>STEP</b>	<b>GROUP POWER</b>	8:00 AM <b>ZUMBA FITNESS</b>
	9:30 AM	<b>Pilates</b>	<b>TBC</b> Total Body Conditioning	<b>CARDIO DANCE</b>		<b>YOGA</b>	9:00 AM <b>GROUP BLAST</b>
	10:30 AM	<b>ZUMBA gold</b>	<b>SilverSneakers</b> by Tilly Health	<b>Chair Yoga</b>	<b>SilverSneakers</b> by Tilly Health	<b>SilverSneakers</b> by Tilly Health	10:00 AM <b>GROUP POWER</b>
	4:30 PM	<b>CARDIO KICKBOXING</b>	<b>TBC</b> Total Body Conditioning	<b>YOGA</b>	<b>STEP</b>		12:00 PM <b>CARDIO MIX</b>
	5:30 PM	<b>GROUP BLAST</b>	<b>GROUP POWER</b>	<b>ZUMBA FITNESS</b>	<b>GROUP POWER</b>		1:00 PM <b>GROUP POWER</b>
	6:30 PM	<b>ZUMBA FITNESS</b>	<b>ZUMBA FITNESS</b>	<b>GROUP BLAST</b>	<b>YIN YANG YOGA</b>		

	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday:
Second Floor Cycle Station	8:30 AM			<b>GROUP RIDE</b>			9:00 AM <b>GROUP RIDE</b>	
	9:30 AM							
	4:30 PM	<b>GROUP RIDE</b>						

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