

JAMES C. KENNEDY  
Wellness Center

GROUP FITNESS SCHEDULE January 2023

**Mon:** Bootcamp 1 with F.O.D. (30 mins) @ 6 a.m.  
Open class with F.O.D. @ 12:15 p.m.  
Athletic Bootcamp with F.O.D. (30 mins) @ 3 p.m.  
Open class (Participant's choice) with F.O.D. @ 4 p.m.  
**FLEX Bootcamp with Joe @ 5:30 p.m.**

**Tues:** **TFITT with Jennifer (35 mins) @ 5:10 a.m.**  
Open class with F.O.D. @ 12:15 p.m.  
Booty, Thigh and Abs class with PopSugar/F.O.D. (30 mins) @ 3:30 p.m.  
Open class (Participant's choice) with F.O.D. @ 4 p.m.  
**POWER UP Strength Training with Joe @ 5:30 p.m.**

**Wed:** SPIN with F.O.D. @ 5:10 a.m.  
Stability and Mobility 1 with Daily Burn/F.O.D. (30 mins) @ 9:00 a.m.  
Open class with F.O.D. @ 12:15 p.m.  
Full Body Strength Training with F.O.D. (30 mins) @ 4:00 p.m.

**Thurs:** **TFITT with Jennifer (35 mins) @ 5:10 a.m.**  
Open class with F.O.D. (30 mins) @ 12:15 p.m.  
Kickboxing Interval Training with Daily Burn/F.O.D. (34 mins) @ 4:00 p.m.  
**Fast & Furious with Joe @ 5:30 p.m.**

**Fri:** Spin class with F.O.D. @ 5:10 a.m.  
Stability and Mobility 1 with Daily Burn/F.O.D. (30 mins) @ 9:00 a.m.

**Note:**

Spin class is limited to 4 participants. (F.O.D.) is Fitness on Demand classes.  
(F.O.D.) is available for use any time the multi purpose room is not occupied.  
Classes with live instructor will be highlighted.