

# ICE® ATHLETIC CENTER GROUP FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Cardio Challenge</b> 5:30am - 6:30am Group Sport Kelly Hurley	<b>Cycle Strength</b> 5:30am - 6:30am Lemond Amy Jones	<b>Rev Cycling</b> 5:15am - 6:00am Lemond Sooka Elliott-Mackey	<b>Kettlebell Circuit</b> 5:30am - 6:30am Group Sport Derrick Gist	<b>RevCycling</b> 5:30am - 6:15am Lemond Chuck Robbins	<b>ICE® Chiseled</b> 7:30am - 8:30am Group Sport Sooka Elliott-Mackey
<b>RevCycle/Strength</b> 9:00am - 9:45am Lemond Chris Neubauer	<b>ICE® Chiseled</b> 9:15am - 10:15am Group Sport Kelly Hurley	<b>Cardio Challenge</b> 9:00am - 10:00am Group Sport Sooka Elliott-Mackey	<b>Star Treatment</b> 9:15am - 10:15am Group Sport Kelly Hurley	<b>Cardio Challenge</b> 9:00am - 10:00am Group X Sooka Elliott-Mackey	<b>RevCycling</b> 8:30am - 9:30am Lemond Sooka Elliott-Mackey
<b>Cardio Challenge</b> 9:00am-10:00am Group Sport Sooka Elliott-Mackey	<b>Kettlebell Circuit</b> 9:15am - 10:00am ICE® Iron Works Chuck Robbins	<b>RevCycling</b> 9:15am - 10:00am Lemond Amy Jones	<b>Core Power Yoga</b> 10:00am - 11:00am Group X Abbi Pollyea	<b>Core Boxing</b> 9:15am - 10:00am Group Sport Kelly Hurley	<b>Body Pump</b> 9:30am - 10:30am Group X Aliesa P.
<b>Pilates</b> 10:00am - 11:00am Group X Abbi Pollyea	<b>Core Power Yoga</b> 10:00am - 11:00am Group X Abbi Pollyea	<b>Cardio Dance</b> 9:00am - 9:45am Group X Abbi Pollyea	<b>Body Pump</b> 4:30pm - 5:30pm Group X Steph Williams	<b>"Happy Hour"</b> 5:00pm - 5:45pm Group Sport Steph Fikes	
<b>Rev Cycling</b> 4:30pm - 5:30pm Lemond Sooka Elliott-Mackey	<b>Extreme Strength</b> 4:30pm - 5:30pm Group Sport Sooka Elliott-Mackey	<b>Body Pump</b> 10:00am - 11:00am Group X Chuck Robbins	<b>Step Challenge</b> 4:30pm - 5:30pm Group Sport Sooka Elliott-Mackey		
<b>Body Pump</b> 4:30pm - 5:30pm Group X Aliesa p.	<b>Solid to the Core</b> 5:00pm - 5:30pm Group X Kelly Hurley	<b>Pilates</b> 10:00am - 11:00am Iron Works Abbi Pollyea	<b>Rope X</b> 5:30pm - 6:00pm Group Sport Chris Neubauer		
<b>Low n' Lively</b> 5:45pm - 6:30pm Group X Steph Fikes	<b>Rope X</b> 5:30pm - 6:00pm ICE® Iron Works Amy Jones	<b>Cardio Dance</b> 4:30pm - 5:15pm Group X Abbi Pollyea	<b>Kettlebell Circuit</b> 6:00pm - 7:00pm ICE® Iron Works Derrick Gist		
<b>Spartan</b> 5:45pm - 6:45pm ICE® Iron Works Chris Neubauer	<b>RevCycling</b> 6:00pm - 6:45pm Lemond Amy Jones	<b>BOSU Interval</b> 5:35pm-6:35pm Group X Steph Fikes	<b>RevCycling</b> 6:00pm - 6:45pm Lemond Chris Neubauer		
	<b>Boxing Challenge</b> 5:45pm - 6:45pm Group Sport Kelly Hurley	<b>Boxing Challenge</b> 5:30pm - 6:00pm Group Sport Chris Neubauer	<b>Yoga</b> 6:45pm - 8:00pm Group X Julie Tirotta		
	<b>Yoga</b> 6:45pm - 8:00pm Group X Julie Tirotta	<b>Foam Roller</b> 6:00pm - 6:30pm ICE® Iron Works Chris Neubauer			
		<b>Body Pump</b> 6:35pm - 7:35pm Group X Amy Jones			

Sunday
<b>Body Pump</b> 11:00am - 12:00pm Group X Steph W or Aliesa



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[www.ice-gym.com](http://www.ice-gym.com)