

FRISCO ATHLETIC CENTER GROUP EXERCISE SCHEDULE



Week of September 21 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15am Studio 1 & 2	Tabata Lori	Ultimate Conditioning Emmi	HIIT Elizabeth	Total Body Strength Elizabeth	Active Yoga 50/50 Emmi	*6:45am* Ultimate Conditioning Elizabeth	
5:15am Red Gym	Cycle Elizabeth		Cycle Melissa		Cycle Elizabeth		
8:15am Studio 1 & 2	!KICK-HRD! + BARBELL Kelli G	Strength/HIIT Melissa	Ultimate Conditioning Emmi	Tabata Karen	HIGH/Low Fitness McKelle	Cardio/HIIT Mix Deb	
8:15am Red Gym		Cycle Louise		Cycle Louise		Cycle !HIIT-HRD! Kelli G	
9:45am Studio 1 & 2	Total Body Strength Lauren	FXFIT Deb	Stepbata Mix Deb	Turbo Kick® Melanie	Total Body Strength Deb	Yoga Level 1-2 Joyce	*10:15am* Pilates Grace
9:45am Red gym	Cycle !HIIT-HRD! Kelli G	Yoga Louise	Tone & Stretch Grace	Pilates Louise	Cycle Lauren		
QUEENAX			10:30am Jody				
11:15am Studio 1 & 2	PiYo Karen	Barbell Strength Jody	PiYo Karen	HIIT Jody	Yoga Grace		
11:15am Red Gym		HIIT Lauren	Tai Chi/Qi Gong Grace	Cardio Strength Combo Natonia			
6:15pm Studio 1 & 2	Flex Burn Marie	HIGH Fitness McKelle	HIIT Marie	Hip Hop Dance Rachel			
7:45pm Studio 1 & 2		Yoga Kenan	Tone & Stretch Grace	Gentle Yoga Bob			

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****Please bring your own mat and towel to all classes****