



# Catalyst FITNESS

## Seneca St. studio schedule

effective April 1, 2019

\* classes not included with guest privileges

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

8:30 AM  
**BODYATTACK**  
Jackie

9:30 AM  
**BODYFLOW**  
Joanna

9:30 AM  
**BODYPUMP**  
Kelly H

9:30 AM  
**BODYCOMBAT**  
Kelly H

9:30 AM  
**BODYFLOW**  
Joanna

9:30 AM  
**Silver Sneakers**  
George

9:30 AM  
**BODYPUMP**  
Joanna

10:40 AM  
**BODYPUMP**  
Kelly H

10:30 AM  
**BODYCOMBAT**  
Sue

10:45 AM  
**Silver Sneakers**  
Beth

10:45 AM  
**Silver Sneakers**  
Kelly H

10:45 AM  
**Silver Sneakers**  
George

10:45 AM  
**Silver Sneakers**  
Beth

5:00 PM  
**Chisel**  
Michaela

5:00 PM  
**YOGA**  
Beverly

5:00 PM  
**Chisel**  
Kelly H

5:00 PM  
**Total Body  
Bootcamp**  
Ashley

6:15 PM  
**BODYATTACK**  
Jackie

6:00 PM  
**BODYPUMP**  
Trish

6:00 PM  
**BODYCOMBAT**  
Sue

6:00 PM  
**BODYPUMP**  
Allison

7:15 PM  
**Zumba**  
Jennifer

7:15 PM  
**Zumba**  
Melissa

7:15 PM  
**Zumba**  
Melissa