

STUDIO A HERKIMER							
Start	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 am							
8:00 am						Total Body – JC	
9:00 am			Zumba - HR			Zumba – HR	
10:00 am						Turbo Circuits - DB	
11:00 am							Revolt - DB
12:00 pm							Zumba-HR
4:30 pm	Zumba - HR	<u>Zumba</u> -HR every other Tues (2/14) <u>Zumba Toning</u> -HR every other Tues (2/21)	Booty Camp- HR	Revolt – DB (4:15 Start)			
5:00 pm					Turbo Circuits - DB		
5:30 pm	Booty Camp-HR	Body Beatdown – JG	Total Body -JC	Body Beatdown –JG (5:15) Zumbatomic-HR (Kids –Studio B)			
6:30 pm	Revolt - DB	Guts, Butts, & Thighs – DB 630-715pm	Zumba - HR	Zumba – HR 6:15-7:15			
7:30 pm			Line Dancing – HW (starts 2/22)				

Please check our schedule at www.functionbetter.com often for changes and updates.

STUDIO B		HERKIMER					
Start	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 pm				Zumbatomic (Kids) – 5:30 HR			

STUDIO 55 GROUP FITNESS INSTRUCTORS							
AM	Aaron Mallace	JP	Joanna Premo	TP	Tasha Peterson		
AZ	Andi Zerdecki	JR	Joanna Ryznar				
DaP	Dan Patterson	KD	Kerry Daly				
EK	Eileen Klosek	KK	Kevin Kress				
EM	Elaine McCabe	MG	Marc Giordano				
HW	Heather Woodard	NC	Nanette Conney				
HR	Hollie Raux	NH	Nicole Howard				
JO	Jane O'Connor	PK	Pam King				
JG	Jay Groah	PL	Peggy Lantry				
JC	Jeremy Carey	SK	Shauna Keeler				