

September 2017



Group Fitness

iNLeT's HOURS:

Monday – Thursday

5:00AM – 9:30PM

Friday

5:00AM – 8:00PM

Saturday

7:00AM – 5:00PM

Sunday

7:00AM – 4:00PM

Summer Sunday Hours

7:00AM – 2:00PM

CHILD CARE HOURS:

Monday – Friday

8:00AM – 2:00PM

Monday – Thursday

4:00PM – 8:00PM

Friday

4:00PM – 7:00PM

Saturday

8:00AM – 2:00PM

Sunday

8:00AM – 12:00PM

(757) 412-0600

www.inletfitness.com

* Reservation Required

*** Weather Permitting

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Triple R \$\$ Run. Row. Resist. Heart rate based, specialty group training \$15 per class (\$25 non-members) See front desk for more information</p>	<p>Sunday Hours 7am - 4pm starting Sunday September 10th</p>	<p>Monday's at 6:40pm join Val for Chisel!</p> <p>Dance Bootcamp is now Tuesdays at 5:35 w/ Chris</p>	<p>Friday 4:30 now alternates between Zumba and Zone Fit 30</p>		<p>1 5:30 Zone H.I.I.T – Jeff 6:00 Zone Spin* - Val 8:30 Chisel – Jaq 8:30 Zone Spin* – Christine 9:35 Zone H.I.I.T – TBA 10:00 Zone Spin 30 & Arms* - Laurie 4:30 Zone Fit 30 - Ashley</p>	<p>2 7:30 Zone Spin 45* - Val 8:00 Chisel – Christy 8:00 Zone OXT*** - Jeff 9:05 Zone Spin* – Norm 9:10 Power Fight - Maryann</p>
<p>3 8:00 Zone Spin* – Chris 9:15 Zone H.I.I.T – Jeff</p>	<p>4 8:00 Zone OXT - Jeff 8:30 Zone Spin 45/abs* - Phil 8:30 Chisel - Andrea 9:35 Zone BOX – Mike & Jaq 10:00 Zone Spin 30* - Laurie</p> <p>Labor Day Holiday Gym 7am-1pm Childcare 8am – 12pm Bring a Friend for FREE to try the gym out! Local residents w/ VALID ID</p>	<p>5 6:00 Zone Spin* - Christine 6:00 Chisel – Norm 8:30 Zone Spin 50*– Amy 8:30 Zone Step Intervals – Andrea 9:30 Deck Abs - Laurie 10:00 Zone Spin 30* – Laurie 4:30 Chisel - Jaq 5:35 Zone Spin* – Mike 5:35 Dance Bootcamp - Chris</p>	<p>6 5:30 Zone OXT/IXT - Jeff 6:00 Zone Spin* - Roberta 8:30 ZUMBA – Melody 9:00 Zone Spin 45* - Lindsey 9:00 G.I. JANE*** - Lauren 4:30 Zone Spin 30* - Andrea B 4:30 Zone Fit 30 - Roberta 5:05 Core 20 – Roberta 5:35 Zone OXT*** - Kara 5:45 Zone Spin Intervals* - Mike</p>	<p>7 6:00 Chisel – Alyce 8:30 Zone Spin 45/abs* - Christine 9:35 Zone Step Intervals - Andrea 9:35 Zone B&B* - Jaq 4:30 Zone Cardio BG - Haley 5:35 Chisel – Christy 6:00 Zone Spin* – Jeff</p>	<p>8 5:30 Zone H.I.I.T - Jeff 6:00 Zone Spin* - Val 8:30 Chisel – Jaq 8:30 Zone Spin* - Christine 9:35 Zone BOX – Kim 10:00 Zone Spin 30 & Arms** - Laurie 4:30 Zumba - Melody</p>	<p>9 7:30 Zone Spin 45* - Norm 8:00 Chisel - Kim 8:00 Zone OXT*** - Jeff 9:05 Zone Spin* - Phil 9:10 Dance Bootcamp - Chris</p>
<p>10 8:00 Zone Spin* – Jeff 9:15 Zone H.I.I.T – Jaq</p> <p>Sunday Hours 7am-4pm</p>	<p>11 6:00 Zone Spin* - Alyce 6:00 Zone Bag Intervals - Jeff 8:30 Zone Double Step – Andrea 9:00 Outdoor TABATA*** - Lauren 9:35 Chisel- Andrea 9:35 Zone Spin Intervals – Kim 4:30 Zone Spin 30* - Christine 4:30 Zone Fit 30 – Roberta 5:05 Core 20 - Roberta 5:35 Zone OXT*** - Ashley 5:45 Zone Spin* - Chris J 6:40 Chisel - Val</p>	<p>12 6:00 Zone Spin* - Christine 6:00 Chisel – Norm 8:30 Zone Spin 50*– Phil 8:30 Zone Step Intervals – Andrea 9:30 Deck Abs - Phil 10:00 Zone Spin 30* – Laurie 4:30 Chisel -Roberta 5:35 Zone Spin* – Mike/Jaq 5:35 Dance Bootcamp -- Chris</p>	<p>13 5:30 Zone OXT/IXT - Jeff 6:00 Zone Spin* - Roberta 8:30 ZUMBA – Pam 9:00 Zone Spin 45* - Christine 9:00 G.I. JANE***- Jess 4:30 Zone Spin 30* - Andrea B 4:30 Zone Fit 30 – Roberta 5:05 Core 20 – Roberta 5:35 Zone OXT*** - Kara 5:45 Zone Spin* - Mike</p>	<p>14 6:00 Chisel - Colin 8:30 Zone Spin 45/abs* - Kim 9:35 Zone Cardio BG - Haley 9:35 Zone B&B* -Jaq 4:30 Zone Cardio BG - Ashley 5:35 Chisel - Christy 6:00 Zone Spin* – Jeff</p>	<p>15 5:30 Zone H.I.I.T – Jeff 6:00 Zone Spin* - Val 8:30 Chisel – Phil 8:30 Zone Spin* – Christine 9:35 Zone H.I.I.T - Kim 10:00 Zone Spin 30 & Arms* - Laurie 4:30 Zone Fit 30 - Ashley</p>	<p>16 7:30 Zone Spin 45* - Val 8:00 Chisel – Colin 8:00 Zone OXT*** - Jeff 9:05 Zone Spin* - Kim 9:10 Zumba - Pam</p>
<p>17 8:00 Zone Spin* – Mike 9:15 Zone H.I.I.T – Jeff</p> <p>Sunday Hours 7am-4pm</p>	<p>18 6:00 Zone Spin* - Alyce 6:00 Zone Bag Intervals - Jeff 8:30 Zone Double Step – Andrea 9:00 Outdoor TABATA*** – Lauren 9:35 Chisel – Andrea 9:35 Zone Spin Intervals – Kim 4:30 Zone Spin 30* - Christine 4:30 Zone Fit 30 – Jess 5:05 Core 20 - Jess 5:35 Zone OXT*** - Ashley 5:45 Zone Spin* - Chris J 6:40 Chisel - Val</p>	<p>19 6:00 Zone Spin* - Christine 6:00 Chisel – Norm 8:30 Zone Spin 50*– Val 8:30 Zone Step Intervals – Andrea 9:30 Deck Abs - Laurie 10:00 Zone Spin 30* – Laurie 4:30 Chisel - Roberta 5:35 Zone Spin* – Mike/Jaq 5:35 Dance Bootcamp - Chris</p>	<p>20 5:30 Zone OXT/IXT - Jeff 6:00 Zone Spin* - Roberta 8:30 ZUMBA – Pam 9:00 Zone Spin 45* - Lindsey 9:00 G.I. JANE***- Jess 4:30 Zone Spin 30* - Andrea B 4:30 Zone Fit 30 – Roberta 5:05 Core 20 – Roberta 5:35 Zone OXT*** - Kara 5:45 Zone Spin Intervals* - Mike</p>	<p>21 6:00 Chisel – Alyce 8:30 Zone Spin 45/abs* - Kim 9:35 Zone Step Intervals -Andrea 9:35 Zone B&B* - Jaq 4:30 Zone Cardio BG – Jana 5:35 Chisel – Christy 6:00 Zone Spin* – Jeff</p>	<p>22 5:30 Zone H.I.I.T – Jeff 6:00 Zone Spin* - Val 8:30 Chisel – Jaq 8:30 Zone Spin* - Christine 9:35 Zone H.I.I.T - Kim 10:00 Zone Spin 30 & Arms* - Laurie 4:30 Zumba - Melody</p>	<p>23 7:30 Zone Spin 45* - Norm 8:00 Chisel – Christy 8:00 OXT*** - Jeff 9:05 Zone Spin* - Jaq 9:10 Dance Bootcamp - Chris</p>
<p>24 8:00 Zone Spin* – Jeff 9:15 Zone BOX – Jaq/Mike</p> <p>Sunday Hours 7am-4pm</p>	<p>25 6:00 Zone Spin* - Alyce 6:00 Zone Bag Intervals - Jeff 8:30 Zone Double Step – Andrea 9:00 Outdoor TABATA*** - Jess 9:35 Chisel- Andrea 9:35 Zone Spin Intervals - Jaq 4:30 Zone Spin 30* - Christine 4:30 Zone Fit 30 – Roberta 5:05 Core 20 - Roberta 5:35 Zone OXT*** - Jamie B 5:45 Zone Spin* - Chris J 6:40 Chisel - Val</p>	<p>26 6:00 Zone Spin* - Christine 6:00 Chisel – Norm 8:30 Zone Spin 50*– Phil 8:30 Zone Step Intervals – Andrea 9:30 Deck Abs - Phil 10:00 Zone Spin 30* – Laurie 4:30 Chisel - Roberta 5:35 Zone Spin* – Mike/Jaq 5:35 Dance Bootcamp - Chris</p>	<p>27 5:30 Zone IXT/OXT - Jeff 6:00 Zone Spin* - Roberta 8:30 ZUMBA – Pam 9:00 Zone Spin 45* -Christine 9:00 G.I. JANE***- Lauren 4:30 Zone Spin 30* - Ashley 4:30 Zone Fit 30 – Roberta 5:05 Core 20 – Roberta 5:35 Zone OXT*** - Kara 5:45 Zone Spin* - Mike</p>	<p>28 6:00 Chisel – Colin 8:30 Zone Spin 45/abs* - Kim 9:35 Zone Cardio BG - Haley 9:35 Zone B&B* - Jaq 4:30 Zone Cardio BG -Jana 5:35 Chisel - Christy 6:00 Zone Spin* – Jeff</p>	<p>29 5:30 Zone H.I.I.T – Jeff 6:00 Zone Spin* - Val 8:30 Chisel – Amy 8:30 Zone Spin* – Christine 9:35 Zone H.I.I.T - Kim 10:00 Zone Spin 30 & Arms* - Laurie 4:30 Zone Fit 30 - Roberta</p>	<p>30 7:30 Zone Spin 45* - Val 8:00 Chisel – Jana 8:00 Zone OXT*** - Jeff 9:05 Zone Spin* - Christine 9:10 Zumba - Pam</p>