

MARCH 2020



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

CHILD CARE HOURS:

Monday – Thursday

8:00AM – 1:00PM

Monday – Thursday

4:00PM – 7:00PM

Friday

8:00AM – 1:00PM

Saturday & Sunday

8:00AM – 12:00PM

(757) 412-0600

www.inletfitness.com

***CLASS REQUIRES RESERVATION
****CLASS IS WEATHER DEPENDENT**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 7:05 Power Sculpting* - Jeff 8:00 Cardio BG – Ashley 8:00 Spin* - Val 9:15 TRX INTERVALS* - Kim H. 9:30 Spin* - Tony TRIBE TEAM TRAINING FREE TRIAL WEEK STARTS TOMORROW!	2 5:30 H.I.I.T - Jeff 6:00 Spin* - Alyce 8:30 Double Step – Andrea 9:00 Outdoor TABATA*** - Kim H. 9:35 Chisel – Andrea 9:35 Spin Intervals* - Kellie 4:45 Spin 45*- Camilla 4:45 Fast Fit 45– Roberta 5:35 OXT*** - Kara 5:35 HIIT & ABS – Jana 5:45 Ride & Lift* - Christine 6:40 Chisel – Val	3 5:30 Functional Fit - Lyndsay 6:00 Spin*- Christine 8:30 TRX Intervals*- Patti 8:35 Spin*- Jaq 10:00 Level Up Spin 30* – Rebecca 4:35 Chisel – Colin 5:35 Spin* – Val 6:15 BARRE EXPRESS – Alison	4 5:30 TRX Intervals*- Val 6:00 Spin*- Christine 8:30 ZUMBA - Pam 9:00 Ride & Lift*- Laurie 9:00 G.I. JANE***- Kim H. 4:45 Spin Intervals 45*- Roberta 5:35 OXT*** - Juron 5:45 Dance Boot Camp- Chris 5:45 Spin Intervals*- Tony	5 6:00 Chisel – Colin 6:00 Spin* - Alyce 8:30 Spin 50*- Val 9:35 Step Intervals – Andrea 9:35 Spin Beats*- Jaq 4:35 TRX Intervals* - Kim H. 5:35 Spin 45*- Norm 5:45 Cardio BG – Tony	6 5:30 TABATA & Abs - Lyndsay 6:00 Spin* -Val 8:30 Chisel- Jaq 8:30 Spin*- Kellie 9:35 TRX Intervals*- Kim H. 10:00 Spin30&Arms*- Laurie 4:45 VIRTUAL RIDE*	7 7:30 Spin 45*- Norm 8:00 Chisel – Val 8:00 OXT*** - NO CLASS 9:15 Spin*- Jana 9:15 ZUMBA - Pam 8:00 Eliza Hope Foundation FREE Workout Event See Jeff Kline for details ☺
8 7:05 Power Sculpting* - Jeff 8:00 Cardio BG – Ashley 8:00 Spin* - Roberta 9:15 TRX INTERVALS*- Kim H. 9:30 Spin*- Val TRIBE TEAM TRAINING SEASON 2 OF 2020 BEGINS TOMORROW!	9 5:30 H.I.I.T - Jeff 6:00 Spin* - Holly 8:30 Double Step – Andrea 9:00 Outdoor TABATA*** - Kelly 9:35 Cardio Chisel - Lyndsay 9:35 Spin Intervals* - Kellie 4:45 Spin 45*- Camilla 4:45 Fast Fit 45– Roberta 5:35 OXT*** - Kara 5:35 BOSU Boot Camp – Jana 5:45 Ride & Lift* - Christine 6:40 Chisel – Val	10 5:30 Functional Fit 45 - Lyndsay 6:00 Spin*- Christine 8:30 TRX Intervals*- Kelly 8:35 Spin*- Kellie 10:00 Level Up Spin 30* – Rebecca 4:35 Chisel – Colin 5:35 Spin* – Val 6:15 BARRE EXPRESS – Alison	11 5:30 H.I.I.T - Lyndsay 6:00 Spin*- Christine 8:30 Low Impact Burn- Laurie 9:00 Ride & Lift*- Jana 9:00 G.I. JANE***- Kim H. 4:45 Spin Intervals 45*- Tony 5:35 OXT*** - Juron 5:45 Dance Boot Camp- Chris 5:45 Spin Intervals*- Val	12 6:00 Chisel – Colin 6:00 Spin* - Alyce 8:30 Spin 50*- Anjanette 9:35 TRX Intervals*- Kelly 9:35 Spin Beats*- Jaq 4:35 TRX Intervals* - Kim H. 5:35 Spin 45*- Roberta 5:45 Cardio Chisel - Val	13 5:30 TABATA & Abs - Lyndsay 6:00 Spin* -Val 8:30 Chisel- Jaq 8:30 Spin*- Kellie 9:35 Cardio BG - Kim H. 10:00 Spin30&Arms*- Laurie 4:45 VIRTUAL RIDE*	14 7:30 Spin 45* - Chris J 8:00 Chisel – Bonnie 8:00 OXT***- Ashley 9:15 Spin*- Val 9:15 Cardio BUTI – Millie
15 7:05 Power Sculpting* - Jeff 8:00 Cardio BG – Kim H. 8:00 Spin* - Holly 9:15 TRX INTERVALS*- Kim 9:30 Spin*- Tony	16 5:30 H.I.I.T - Jeff 6:00 Spin* - Holly 8:30 Double Step – Andrea 9:00 Outdoor TABATA*** - Kim H. 9:35 Chisel – Andrea 9:35 Spin Intervals*- Anjanette 4:45 Spin 45*- Page 4:45 Fast Fit 45– Roberta 5:35 OXT*** - Kara 5:35 HIIT & ABS – Val 5:45 Ride & Lift* - Chris 6:40 Chisel – Val	17 5:30 Functional Fit - Lyndsay 6:00 Spin*- Christine 8:30 TRX Intervals*- Patti 8:35 Spin* - Jaq 10:00 Level Up Spin 30* - Rebecca 4:35 Chisel – Colin 5:35 Spin* – Val 6:15 BARRE EXPRESS – Alison	18 5:30 TRX Intervals*- Val 6:00 Spin*- Christine 8:30 ZUMBA – Pam 9:00 Ride & Lift*- Laurie 9:00 G.I. JANE***- Kelly 4:45 Spin Intervals 45*- Roberta 5:35 OXT*** - Juron 5:45 Dance Boot Camp – Chris 5:45 Spin Intervals*- Tony	19 6:00 Chisel – Colin 6:00 Spin* - Alyce 8:30 Spin 50*- Kellie 9:35 Step Intervals – Andrea 9:35 Spin Beats*- Jaq 4:35 TRX Intervals* - Kim H. 5:35 Spin 45*- Norm 5:45 Cardio BG – Tony	20 5:30 TABATA & Abs- Roberta 6:00 Spin* -Val 8:30 Chisel – Jaq 8:30 Spin*- Anjanette 9:35 TRX Intervals* - Kim H. 10:00 Spin30&Arms*- Laurie 4:45 VIRTUAL RIDE*	21 7:30 Spin 45* - Norm 8:00 Chisel - Val 8:00 OXT***- Ashley 9:15 Spin* - Roberta 9:15 MIXXED FIT- Sequoyah
22 7:05 Power Sculpting* - Jeff 8:00 Cardio BG – Val 8:00 Spin* - Bonnie 9:15 TRX INTERVALS*- Val 9:30 Spin*- Kim	23 5:30 H.I.I.T - Jeff 6:00 Spin* - Holly 8:30 Double Step – Andrea 9:00 Outdoor TABATA*** - Kim H. 9:35 Cardio Chisel - Lyndsay 9:35 Spin Intervals*-Kellie 4:45 Spin 45*- Camilla 4:45 Fast Fit 45 – Roberta 5:35 OXT*** - Kara 5:35 BOSU Boot Camp – Jana 5:45 Ride & Lift* - Chris 6:40 Chisel – Val	24 5:30 Functional Fit - Lyndsay 6:00 Spin*-Holly 8:30 TRX Intervals*- Kelly 8:35 Spin* - Kellie 10:00 Level Up Spin 30* – Rebecca 4:35 Chisel – Chris 5:35 Spin* – Jana 6:15 BARRE EXPRESS – Alison	25 5:30 H.I.I.T - Lyndsay 6:00 Spin*- Christine 8:30 Low Impact Burn- Laurie 9:00 Ride & Lift*- Jana 9:00 G.I. JANE***- Kelly 4:45 Spin Intervals 45*- Roberta 5:35 OXT*** - Juron 5:45 Dance Boot Camp – Chris 5:45 Spin Intervals*- Norm	26 6:00 Chisel – Christine 6:00 Spin* - Alyce 8:30 Spin 50*- Jana 9:35 TRX Intervals*- Kelly 9:35 Spin Beats*- Jaq 4:35 TRX Intervals* - Kim H. 5:35 Spin 45*- Norm 5:45 Cardio Chisel – Tony	27 5:30 TABATA & Abs - Lyndsay 6:00 Spin* - Roberta 8:30 Chisel - Jaq 8:30 Spin*- Kellie 9:35 Cardio Kick Box – Jana 10:00 Spin30&Arms*- Rebecca 4:45 VIRTUAL RIDE*	28 7:30 Spin 45*- Chris J 8:00 Chisel – Jana 8:00 OXT***- Kara 9:15 Spin*-Norm 9:15 Dance Boot Camp - Chris
29 7:05 Power Sculpting* - Jeff 8:00 Cardio BG – Kim H. 8:00 Spin* - Jana 9:15 TRX INTERVALS*- Kim 9:30 Spin*- Tony	30 5:30 H.I.I.T - Jeff 6:00 Spin* - Holly 8:30 Double Step – Andrea 9:00 Outdoor TABATA*** - Kim H. 9:35 Chisel – Andrea 9:35 Spin Intervals* - Kellie 4:45 Spin 45*- Camilla 4:45 Fast Fit 45– Roberta 5:35 OXT*** - Kara 5:35 HIIT & ABS – Jana 5:45 Ride & Lift* - Chris 6:40 Chisel – Val	31 5:30 Functional Fit - Lyndsay 6:00 Spin* - Norm 8:30 TRX Intervals*- Patti 8:35 Spin*- Jaq 10:00 Level Up Spin 30* – Rebecca 4:35 Chisel - Jana 5:35 Spin* – Val 6:15 BARRE EXPRESS – Alison		TRIBE TEAM TRAINING Season 2 Begins 3/9! Tribe Training is a 6 week progressive training program. We offer TribeFIT, TribeLIFE & TribeCORE! *This program is open to non-members as well.	Happy 20 th Birthday to iNLeT Fitness! Thank you to our members for all of your love and loyalty over the last 20 years!	March 18th, 2000 iNLeT Fitness opened its doors!!