



# Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Rev Cycle</b> 5:15am - 6:15am Lemond <i>Jack</i>	<b>C4</b> 5:30am - 6:30am ICE Iron Works <i>Calon</i>	<b>Rev Cycle</b> 5:15am - 6:15am Lemond <i>Sooka</i>	<b>D60X</b> 5:30am - 6:30am ICE Iron Works <i>Derrick</i>	<b>The Hard Ride</b> 5:30am - 6:30am Lemond <i>Jessica</i>	<b>Circuit Fusion</b> 7:30am - 8:30am Group Sport <i>Sooka</i>
<b>H2O Aerobics</b> 7:30am - 8:30am Holiday Inn Express <i>Lucy</i>	<b>Piloxing</b> 9am - 10am Group Sport <i>Kelly</i>	<b>H2O Aerobics</b> 7:30am - 8:30am Holiday Inn Express <i>Lucy</i>	<b>Rev Cycle/Strength</b> 9am - 10am Lemond <i>Sooka</i>	<b>H2O Aerobics</b> 7:30am - 8:30am Holiday Inn Express <i>Lucy</i>	<b>Rev Cycle</b> 8:45am - 9:45am Lemond <i>Sooka</i>
<b>Weigh Hard Core</b> 9am - 10am Group Sport <i>Sooka</i>	<b>Iron Works</b> 9am - 10am ICE Iron Works <i>Sooka</i>	<b>Circuit Fusion</b> 9am - 10am Group Sport <i>Sooka</i>	<b>Body Pump</b> 9:15am - 10:15am Group X <i>Kristen</i>	<b>Insane Abs</b> 8:10am - 8:55am Form II <i>Susan</i>	<b>**Intro to Body Pump</b> 9am - 9:30am Group X <i>Aliesa</i>
<b>Xtreme</b> 9:00am - 10:00am Group X <i>Brooke</i>	<b>Circuit Fusion</b> 4:30pm - 5:30pm Group Sport Room <i>Sooka</i>	<b>Rev Cycle</b> 9:15am - 10am Lemond <i>Amy</i>	<b>Total Tabata</b> 4:30pm - 5:30pm Group Sport <i>Sooka</i>	<b>The Hard Ride</b> 9am - 10am Lemond <i>Sooka</i>	<b>Body Pump</b> 9:30am - 10:30am Group X <i>Aliesa</i>
<b>Silver Cardio Stretch</b> 8:30am - 9:15am ICE Iron Works <i>Jan</i>	<b>Insane Abs</b> 5pm - 5:30pm Group X <i>Kelly</i>	<b>Silver Strength</b> 8:30am - 9:15am ICE Iron Works <i>Jan</i>	<b>Body Pump</b> 4:30pm - 5:30pm Group X <i>Stephany</i>	<b>Boxing Fusion</b> 9am - 10am Group Sport <i>Kelly</i>	<b>D60X</b> 10am - 11am ICE Iron Works <i>Derrick</i>
<b>Silver Cardio Stretch</b> 9:30am - 10:15am ICE Iron Works <i>Jan</i>	<b>Rope X</b> 5:30pm - 6pm ICE Iron Works <i>Amy</i>	<b>Silver Strength</b> 9:30am - 10:15am ICE Iron Works <i>Jan</i>	<b>Insane Abs</b> 5:30pm - 6pm Group Sport <i>Lisa</i>	<b>Silver Power</b> 9:30am - 10:15am ICE Iron Works <i>Calon</i>	<b>Cardio Chisel</b> 10am - 11am Group Sport <i>Alt Instructors</i>
<b>The Hard Ride</b> 4:30pm - 5:30pm Lemond <i>sooka</i>	<b>Boxing Fusion</b> 5:35pm - 6:35pm Group Sport <i>Kelly</i>	<b>C4</b> 4:30pm - 5:30pm ICE Iron Works <i>Calon</i>	<b>D60X</b> 6pm - 7pm ICE Iron Works <i>Derrick</i>	<b>Zumba Hip Hop</b> 10:05am - 11:05am Group Sport <i>Maria</i>	
<b>Body Pump</b> 4:30pm - 5:30pm Group X <i>Stephany</i>	<b>Rev Cycle</b> 6pm - 6:45pm Lemond <i>Amy</i>	<b>Zumba Hip Hop</b> 5:45pm - 6:45pm Group Sport <i>Maria</i>	<b>Rev Cycle</b> 6pm - 6:45pm Lemond <i>Kim</i>		
<b>Rev Cycle</b> 5:35pm - 6:35pm Lemond <i>Kara</i>		<b>Rev Cycle</b> 6pm - 6:45pm Lemond <i>Leslie</i>	<b>Turbo Kick</b> 6pm - 7pm Group Sport <i>Laura</i>		
<b>Zumba Hip-Hop</b> 5:45pm - 6:45pm Group Sport <i>Maria</i>		<b>Body Pump</b> 6:30pm - 7:30pm Group X <i>Aliesa</i>			
<b>D60X</b> 7pm - 8pm ICE Iron Works <i>Derrick</i>					

Sunday
<b>Rev Cycle</b> 9:45am - 10:45am Lemond <i>Kim</i>
<b>Body Pump</b> 11am - 12pm Group X <i>Stephany</i>

Questions or suggestions:  
www.kelly@ice-gym.com

ICE Athletic Center  
1526 Deer Run Drive Mishawaka, IN 46544  
(574) 258-0204

Gym Hours: Mon - Thur: 5am - 10pm

Friday: 5am - 8pm

Sat & Sun: 7am - 7pm - May

Sat & Sun 7am - 5pm - June, July, & August

### Child Care Hours

Monday: 8am - 1:30pm & 4pm - 8pm

Tue - Thur: 8:30am - 1:30pm & 4pm - 8pm

Friday: 8:30 - 1:30 & 4:30pm - 6pm

Saturday: 8:30 am - 12pm

**Rev Cycling** - Please reserve a bike at the front desk 30 minutes prior to class.

\*\* Intro to Body Pump is the first Saturday of each month.



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