

SUMMER 2023 GROUP X SCHEDULE STARTS JUNE 5, 2023

CAPITAL CITY HEALTH CLUB

1280 N Montana Helena, MT 406-442-6577

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00am	CCHC LIFT- Michelle LES MILLS SPRINT - Carol	Circuit fitness- Michelle LES MILLS SPRINT / Adv. Cycle- Marshall	TRX Cardio- Deb & Michelle Upbeat Barre-Nicole	HIGH - Nichole/ Shay LES MILLS SPRINT - Carol	LES MILLS BODYPUMP - Deb D. Cardio Kickboxing- Jacki	Yoga-keely/sarah 10am Upbeat Barre-Nicole 1st/3rd Sat 8am LES MILLS BODYPUMP -Ken 9am
	Les Mills Core virtual-Erika 6:45am	Vinyasa Yoga- Dani		Strength&Stretch- Carol 6:45am		ZUMBA 90 - Cindy 10:15am
7:00am		CORE- Marshall			Stretch & back mitra- Jacki 7:05am	
7:45am		Taiji- Paul		LES MILLS BODYPUMP -Vicky Taiji- Paul	LES MILLS BODYPUMP -Vicky	
8:15am		LES MILLS SPRINT - Deb D.		LES MILLS SPRINT - Deb D.		
8:30am	Full body circuit- Janelle		Full body circuit- Janelle		Full body circuit- Janelle	
9:00am	FEDEX LIVE /HIIT- Ami K. Hatha Yoga*- Lynn	LES MILLS BODYPUMP - Deb D. Barre Express -Mallory	FEDEX LIVE /HIIT- Katie Hatha Yoga*- Lynn	LES MILLS BODYPUMP - Katie Barre Express -Karey	FEDEX LIVE /HIIT- Ami	SUNDAY LES MILLS BODYPUMP -Ken 9am HIIT -Brandy 10:10am
		Youth Fit 8+ -Chrissy begins June 13		Youth Fit 8+ -Chrissy begins June 15		
10:10am	TRX- Deb D. Yoga Fundamentals*- Lynn	HIIT/P90X- Chrissy Yoga Flow - Keely 10am	TRX- Deb D. Yoga Fundamentals*- Lynn	HIIT/P90X- Chrissy	TRX- Loretta	
11:10am	ZUMBA -April LES MILLS SPRINT - Deb D.	LES MILLS BODYPUMP - Dawn Stretch&Strength-Carol	LES MILLS BODYPUMP -Amy O LES MILLS SPRINT - Deb D.	Work It Circuit-Kim Stretch&Strength-Carol		
12:10pm	LES MILLS BODYPUMP -Katie Yoga Core-Sarah	ZUMBA -Cindy FIT- Glade	ZUMBA -April FIT CORE- Sarah	LES MILLS BODYPUMP -Dawn Yoga Flow- Keely	ZUMBA -April FIT- Christi	
		CYCLE - Kim	LES MILLS RPM -Dawn		Cardio Kickboxing- Loretta	CLASS LOCATION LEGEND
	Cardio Kickboxing- Loretta		Cardio Kickboxing- Loretta			GROUP X STUDIO
4:20pm	LES MILLS BODYPUMP - Amy O.	LES MILLS BODYPUMP - McKinley	LES MILLS BODYPUMP - McKinley	ZUMBA -Cayla		MIND & BODY STUDIO
5:30pm		ZUMBA -Cayla		LES MILLS BODYPUMP - Vicky		CYCLE STUDIO
	IGNITE CYCLE - Kim	Yoga- Melanie	Vinyasa Yoga- Dani	Cycling- Jeannie		Virtual via zoom
		Cycling- Jeannie				GYMNASIUM
6:40pm		LES MILLS BODYPUMP -Vicky				CIRCUIT MACHINES

Please check the LIVE SCHEDULE @ capacity.club for updated classes. All class descriptions and locations are on the back. Classes are subject to change. All classes are based off instructor availability. EFFECTIVE JUNE 5, 2023