



## Classes inclusive in membership

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am		Spincycle Nicole*	Spincycle Andrea*	Spincycle Nicole*		
8:15am						Spinsculpt Josie/JoAnn*
9:15am	Pump it Mary-Ann	Body Sculpt Josie*	Spincycle Mary-Ann*	Body Sculpt Josie*	Hi/Low Mary-Ann	
5:15pm	Body Sculpt Josie*		Body Sculpt Josie*			<b>Sunday 9am</b>
5:30pm	Spincycle Leah*					<b>Spincycle Andrea*</b>
6:30pm	Yoga JoAnn	Spincycle Leah*	Yoga JoAnn	Spincycle Mary-Ann*		

\* To avoid disappointment, please call day of class to reserve a spot



## Specialized Group training classes \$10 drop in

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am	TRX			TRX		
6:30am	Boot camp		Boot camp		Boot camp	
9:00am						TRX tba
9:30am	Boot camp	Boot camp	Boot camp	Boot camp	Boot camp	Boot camp
4:00pm		Kids TRX*		Kids TRX*		
5:30pm		TRX		TRX		
6:30pm	Boot camp	Boot camp	Boot camp	Boot camp	Boot camp	



## Optional Programs w/ outside facilitators \$\$

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00pm					Karate	
7:30pm	Zumba		Karate			

Call the front desk to register for these classes