
























Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:00am	 Kim – 60 min	BUTTS & GUTS Julie – 55 min	 Stef - 60 min	BUTTS & GUTS Julie – 55 min	 STRENGTH Carley - 45 min
6:00am	HIIT Power Amy - 45 min  CIRCUIT Bobbi – 45 min	 Julie – 45 min	HIIT Power Amy- 45 min	 Julie – 45 min	5:50am JULIE-YO Julie. - 45 min
8:30am	 Kim – 60 min	JULIE-YO Julie – 60 min	 Kim – 60 min	 Carley – 60 min	 Julie- 35 min
9:05am					9:05- JULIE-YO Julie-35 min
10:00am	Ageless Warriors for age 50's on up Carley – 45 min	 Carley – 45 min	Ageless Warriors for age 50's on up Carley– 45 min	 Carley-45 min	Ageless Warriors for age 50's on up Julie – 45 min
4:30pm	 Carley- 60 min  Cycle Burn Abby – 45 min	 Stef – 60 min  Cycle Circuit Carley – 45 min	 Carley – 60 min  Cycle Burn Bobbi – 45 min	 Stef – 60 min  Bike and Barre Julie – 45 min	Rotating Classes
5:30pm		 Carley - 60 min		HIIT Power Amy - 45 min	
6:00pm	 STRENGTH Carley - 45 min		 Stef – 60 min Technique included		
6:30pm		JULIE-YO Julie – 60 min			

Friday 4:30 pm 9/6 – BODYCOMBAT - Carley
9/13 – Butts & Guts - Julie
9/20 – BODYPUMP – Stef
9/27 – HIIT Power - Amy

Saturday 9:00 am 9/7 – JULIE-Yo - Julie
9/14 – HIIT Power – Amy
9/14 – OPEN HOUSE 10am-12pm
9/21 – BODYATTACK - Carley
9/28 – BODYPUMP - Stef

Fall into Fitness: September 15 – 21

Try out our fitness center for FREE. Giveaways. Food. Free Fit3D scans!