



GROUP FITNESS SCHEDULE

Group classes are FREE to members.
Drop-ins welcome — \$8/class.

NO BOUNDARIES
M/W/F • 6:30–7:15 AM

Additional \$50/month
Not included with
standard membership.

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-----------|------------------------------------|---------------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|-------------------------------------|
| 6:30–7:15 | NO BOUNDARIES <i>Brandy</i> | | NO BOUNDARIES <i>Brandy</i> | | NO BOUNDARIES <i>Brandy</i> | |
| 8:00–8:45 | EVERYDAY STRENGTH <i>Wayne</i> | EVERYDAY STRENGTH <i>Wayne</i> | EVERYDAY STRENGTH <i>Wayne</i> | EVERYDAY STRENGTH <i>Wayne</i> | EVERYDAY STRENGTH <i>Wayne</i> | EVERYDAY STRENGTH <i>Wayne</i> |
| 9:00–9:45 | SENIOR FITNESS <i>Wayne</i> | SENIOR FITNESS <i>Wayne</i> | SENIOR FITNESS <i>Wayne</i> | SENIOR FITNESS <i>Wayne</i> | SENIOR FITNESS <i>Wayne</i> | RESTORATIVE YOGA <i>Kourtney</i> |
| 5:00–5:45 | PRE-TEEN POWER CAMP <i>Will</i> | TOTAL BODY STRENGTH <i>Charlie</i> | | ZUMBA <i>Sly</i> | | |

OPEN 24/7



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