

# WINTER/SPRING 2019 *GROUP FITNESS*



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00a-9:55a PiYO Jessica	8:00a-8:55a QWIK HITT Bryan	9:00a-9:55a PiYO Jessica	8:00a-8:55a STRONG Michelle	9:00p-9:55p BODYSCULPT Tiger	10:00a-10:55a BODYSCULPT Ben	
11:30a-12:30p HATHA YOGA Mary-Pat	9:00a-9:55a PILATES Kit		9:00a-9:55a PILATES Kit	11:30a-12:30p RESTORATIVE YOGA Mary-Pat		
5:30p-6:25p BODYSCULPT Heather	5:30p-6:25p BODYFIT Christie	5:30p-6:25p POUND Tiger	5:30p-6:25p BODYFIT Christie	*2nd and 4th Friday* 6:30p-7:30 Line-Dance Lessons		
6:30p-7:25p DANCE FITNESS Heather	6:30p-7:25p ZUMBA Tiger	6:30p-7:25p BODYSCULPT Tiger	6:30p-7:25p ZUMBA Heather			
		7:30P-8:30P BUTI YOGA Ashlynn				

### Drop In Fees:

Basic/VIP members: \$5  
 Guests of VIP / VIP+ members: \$5  
 Non-members / Guests: \$10

### Friday Dance Class Fees:

VIP+ members: FREE  
 (No guest privileges)

Basic/VIP members: \$5 per person  
 Non-Members/Guest: \$5 per person

### Group Fitness Text Alerts

To Join: Text @ff10g  
 to  
 81010

Daily schedule  
 reminders, subs, or  
 cancel alerts, and  
 schedule updates.

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**INSTAGRAM:**  
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