

Fitness Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
6 am		Functional Fitness 6 to 6:45 am		Functional Fitness 6 to 6:45 am	
7 am					
8 am					
9 am					
10 am	Yoga/Pilates 10 to 11 am				Yoga/Pilates 10 to 11 am
11 am		Turbo Sculpt 10:30 to 11:30 am	Boot Camp 10:30 to 11 am	Turbo Sculpt 10:30 to 11:30 am	
12 pm		Ab Blast 11:30 am to 12:15 pm		Ab Blast 11:30 am to 12:15 pm	
1 pm					
2 pm		Step Aerobics 1:30 to 2:15 pm		Step Aerobics 1:30 to 2:15 pm	
3 pm	Boot Camp 2:30 to 3 pm		Yoga/Pilates 2:30 to 3:30 pm		Boot Camp 2:30 to 3 pm
4 pm					
5 pm	Turbo Sculpt 5:15 to 6:15 pm			Turbo Sculpt 5:15 to 6:15 pm	
6 pm		Yoga/Pilates 5:30 to 6:30 pm			

Classes are free! Spots are limited for Functional Fitness. Please sign up in advance the day prior to session to secure a spot.
 Contact Josh (LUTTJ) or Johanna (NORSJ) at ext 3920 for more info or to sign up for FREE personal training sessions.

