



Try something new!

One week of free fitness classes!

FREE FITNESS WEEK

FEBRUARY 4th - 10th

<u>Day:</u>	<u>Time:</u>	<u>Class:</u>	<u>Instructor:</u>	<u>Room:</u>	<u>Class Dates</u>	<u>Price:</u>
M	5:45a-6:30a	HIIT	Brenda B.	Studio	4-Feb	\$0
M	7:30a-8:15a	Beginning Step	Collette R.	Studio	4-Feb	\$0
M	9:30a-10:15a	Strength & Sculpt	Micki B.	Studio	4-Feb	\$0
Tu	5:45a-6:30a	Cycling	Terry K.	Studio	5-Feb	\$0
Tu	7:30a-8:15a	Strength on Strength	Brenda B.	Studio	5-Feb	\$0
Tu	9:30a-10:15a	Cardio Kickboxing	Micki B.	Studio	5-Feb	\$0
Tu	6:00p-6:45p	Mat Pilates	Vicky L.	Studio	5-Feb	\$0
W	5:45a-6:30a	HIIT	Brenda B.	Studio	6-Feb	\$0
W	6:00p-6:45p	Upper Body Strength	Beth S.	Studio	6-Feb	\$0
Th	5:45a-6:30a	Cycling	Terry K.	Studio	7-Feb	\$0
Th	7:30a-8:15a	Strength on Strength	Brenda B.	Studio	7-Feb	\$0
Th	9:30a-10:15a	Cardio Kickboxing	Micki B.	Studio	7-Feb	\$0
F	5:45a-6:30a	HIIT	Brenda B.	Studio	8-Feb	\$0
Sa	8:00a-8:45a	Mat Pilates	Victoria L.	Studio	9-Feb	\$0
Su	9:30a-10:15a	Dynamic Step	Micki B.	Studio	10-Feb	\$0

