

Group Fitness Plan Schedule

New Schedule

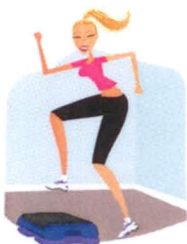
The following Classes are included for use
with a Fit Pass.

Classes are subject to change.

Jackie's Dance:

Tuesdays 5:00p– 6:00p

Thursdays 5:00p– 6:00p



Extreme Training/Boot Camp:

Tuesdays 5:00p-6:00p

Thursdays 5:00p-6:00p



Pilates:

Tuesdays 6:00p-7:00p

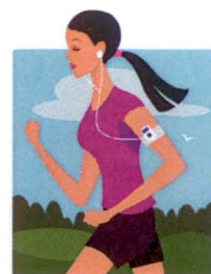


A.M. Workout Club:

Mondays 9:00a-10:00a

Wednesdays 9:00a-10:00a

Fridays 9:00a-10:00a



Yoga:

Tuesdays 9:00a-10:00a

Thursdays 9:00a—10:00a



Belly Dance:

Thursdays: 6:00p –7:00p



MUST SHOW FIT PASS TO ENTER CLASS. FIT PASS CAN ONLY BE USED
BY THE PERSON WHOSE NAME APPEARS ON THE PASS.
YOU MUST SIGN IN WITH CLASS INSTRUCTOR.