



# Group Training Schedule

## **MX4**

- Tuesday – 6am- Jeff
- Tuesday – 8am- Mary
- Wednesday – 12pm - Anna/Denice
- Thursday – 6:30pm – Heather
- Friday – 8am- Jenny

## **Get Wet and Sweat**

- Saturday (alternating) 9am - Jeff

## **Float and Fit**

- Monday 9:15am – Denice/Anna

## **TRX**

- Friday – 9:15am – Denice/Mike

All special training classes are fee based. MX4/TRX \$10p/class. Get Wet and Sweat/Float and Fit are \$8p/class.

Please register at the front desk- Space is limited.

