



Group Training Schedule

MX4

- Monday – 8:15 am- Heather
- Tuesday – 6am- Jeff
- Tuesday – 8am- Mary
- Wednesday –12pm - Anna/Denice
- Friday – 8am- Jenny

Get Wet and Sweat

- Saturday (alternating) 9am - Jeff

Fluid 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/Fluid and Fit are \$8p/class.

Monthly Fast Pass- Join any and as many small group classes for \$65.
p/mo

Please register at the front desk- Space is limited.

