

	MON	TUES	WED	THUR	FRI
5:00 AM	POWER <i>hour</i> Kim - 55 min	 BUTTS & GUTS Julie - 45 min	POWER <i>hour</i> Kim - 55 min	BARRE above™ Julie - 45 min	HIIT POWER Jacy - 45 min
6:00 AM	HIIT POWER Dena - 45 min	 CYCLE STRENGTH Mayson - 45 min	CARDIO + LESMILLS PILATES Dena - 45 min	 BUTTS & GUTS Julie - 40 min	 LIFT Amy - 45 min
8:30 AM	Strength BUILD Sadie - 45 min	 Yoga Sculpt Britt - 45 min	Strength REINFORCE Sadie - 45 min	 CYCLE CORE Ashlie - 45 min	BARRE above™ Julie - 45 min
10:00 AM	ageless WARRIORS for ages 50+ Alli - 45 min	circuit STATIONS Lucy - 45 min	ageless WARRIORS for ages 50+ Hannah - 45 min	<i>Line Dancing</i> Jolene - 45 min	ageless WARRIORS for ages 50+ Julie - 45 min
4:30 PM	CARDIO + LESMILLS PILATES Dena - 45 min	LES MILLS BODY PUMP Lucy - 45 min	Sculpt Addie - 45 min	TOTAL BODY CONDITIONING Lucy - 45 min	
5:30 PM	 Yoga Brittany - 45 min STRENGTH Hannah - 45 min	LES MILLS PILATES Kelsey - 45 min	 Yoga Brittany - 45 min LES MILLS 45' BODYSTEP Bobbi - 45 min	LES MILLS BODY PUMP Lucy - 60 min	Reserved for girls' Night Out! See front desk to schedule.
			College Night Pilates - with Kelsey October 14th @ 7:00PM FREE EVENT		

SATURDAY LINEUP - 8:30 AM:

October 3	Strength Surprise - Sadie
October 10	Barre Fusion - Stef
October 17	Pilates on the Mat - Kelsey
October 24	BodyPump Launch - Lucy
October 31	Halloween HIIT - Dena

WHY WAIT PROMO - ALL MONTH!

Free Enrollment
Free Saturdays
Give Aways
Candle Pour Event-
Monday, October 26th at 6:30pm