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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
5:30am : Spinning/MA	5:30am : BodyPump/KK		5:30am : BodyPump/KK			
8:15am : Spinning/MT	· ·	5:30am : Spinning/MA	8:15am : BodyPump/MT	5:30am : Spinning/KS/KK		
, ,	8:15am : BodyPump/MT		l ' '		7am : Spinning/KH	
8:30am: TRX/HS		8:15am : Spinning/MT			, .,	
	9:30am: CIRCL Mobility	3.		8:15am : Spinning/KS	8am : BodyPump/TP/KK	
	,	8:30am: TRX/HS	10:00am: PiYo/CD	3 1	,	
10:30am: SS*Stretch/				9:30am: Yoga/CC		
Strength/SJ	10:00am: PiYo/SJ		10:30am: SS*Classic/DC			
· ·		10:30am:SS*voga/CD				
	10:30am: SS*Classic/DC	, , , , , , , , , , , , , , , , , , ,	12:30pm:SS*Classic/DF	10:30am: SS*Classic/DC		
5:30pm : Spinning/KS	12:30pm: SS*Classic/DF	12pm:ZumbaQuick Burn/JP	12.000	10.000		
6:00pm: Zumba/BP	5:15pm: Zumba/JP(45 min)		5:30pm: Strong Nation/KK	4:30pm: Kickboxing/CD		
		5:30pm : Spinning/SB	l			
7:00pm: KickFit/TL						
		7:00pm: KickFit/TI				
			6:30pm: ThickFitBounce*			
	5:30pm:BodyPump/TP/CP					
			`			
	5:30am : Spinning/MA 8:15am : Spinning/MT 8:30am: TRX/HS	## TUESDAY 5:30am : Spinning/MA	MONDAY TUESDAY WEDNESDAY 5:30am : Spinning/MA 5:30am : BodyPump/KK 8:15am : Spinning/MT 5:30am : Spinning/MA 8:30am: TRX/HS 8:15am : BodyPump/MT 9:30am: CIRCL Mobility 8:15am : Spinning/MT 10:30am: SS*Stretch/ Strength/SJ 10:00am: PiYo/SJ 10:30am: SS*Classic/DC 10:30am: SS*voga/CD 5:30pm : Spinning/KS 12:30pm: SS*Classic/DF 6:00pm: Zumba/BP 5:15pm: Zumba/JP(45 min) 7:00pm: KickFit/TL 7:00pm: KickFit/TL	MONDAY TUESDAY WEDNESDAY THURSDAY 5:30am : Spinning/MA 5:30am : BodyPump/KK 5:30am : BodyPump/KK 8:15am : Spinning/MA 8:15am : BodyPump/MT 8:15am : Spinning/MA 8:30am: TRX/HS 8:15am : Spinning/MT 8:15am : BodyPump/MT 9:30am: CIRCL Mobility 8:30am: TRX/HS 10:00am: PiYo/CD 10:30am: SS*Stretch/ Strength/SJ 10:30am: SS*Classic/DC 10:30am: SS*Classic/DC 5:30pm : Spinning/KS 10:30am: SS*Classic/DF 12:30pm: SS*Classic/DF 5:30pm: Zumba/BP 5:30pm: Zumba/JP(45 min) 5:30pm: Spinning/SB 7:00pm: KickFit/TL 5:30pm: ThickFitBounce*	## TUESDAY WEDNESDAY THURSDAY FRIDAY 5:30am : Spinning/MA	

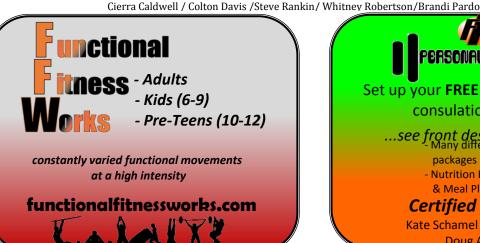
	STUDIO 1 (2nd Floor)	
KickFit(Tuesdays)	PiYo	Kickboxing
Zumba (ALL)	CIRCL Mobility (Sun)	ThickFitBounce* Yoga



FUNCTIONAL TRAINING STUDIO					
BodyPump	_	HIIT			
TRX	CIRCL Mobility (Tues) Silver Sneakers	KickFit			

Group Fitness Instructors:

Chris Pegg / Dave Caldwell / Heather Dils Steneman / Jewell Pyle/ Kate Schamel Kay Koger / Kim Smith / Mike Allen / Mike Talbot/Cindy Doner Sandy Jeffers / Stephanie Baker / Tiffany Philbeck / Dana Flanagan







...see front desk for details

packages available

- Nutrition Education

& Meal Planning

Certified Trainers: Kate Schamel, Kim Smith &

Doug Auman



warehouse



Mon-Fri: 7am-2pm 765,935,4645

- Sandwiches & Wraps

- Smoothies

(Non-Fat Yogurt Options)

- Coffees & Teas

- Vegan & Vegetarian Options

- Homemade Protein Bars

- Salads & MORE