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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		· .		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/					
Strength/SJ	10:00am: PiYo/CD		10:30am: SS*Classic/DC		
· ·		10:30am:SS*voga/CD			
	10:30am: SS*Classic/DC	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	12:30pm:SS*Classic/SJ	10:30am: SS*Classic/DC	
5:30pm : Spinning/KS	12:30pm: SS*Classic/SJ	12pm:ZumbaQuick Burn/JP			
		,			
6:00pm: Zumba/BP	5:15pm: Zumba/JP(45 min)		5:30pm: Strong Nation/KK	4:30pm: Kickboxing/CD	
	,	5:30pm : Spinning/SB	January States	3.1	
7:00pm: KickFit/TL		3.1			
		7:00pm: KickFit/TL			
			6:30pm: ThickFitBounce*		
	5:30pm:BodvPump/TP/CP	_	· '		
			,		
	5:30am : Spinning/MA 8:15am : Spinning/MT 8:30am: TRX/HS	5:30am : Spinning/MA 8:15am : Spinning/MT 8:30am: TRX/HS 9:30am: BodyPump/KK 8:15am : BodyPump/MT 9:30am: CIRCL Mobility 10:30am: SS*Stretch/ Strength/SJ 10:00am: PiYo/CD 10:30am: SS*Classic/DC 12:30pm: SS*Classic/SJ 6:00pm: Zumba/BP 5:15pm: Zumba/JP(45 min)	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/CD 10:30am: SS*Classic/DC 10:30am: SS*Oga/CD 10:30am: SS*Classic/DC 12:30pm: SS*Classic/SJ 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 10:00am: PiYo/CD 10:30am: SS*Classic/DC 10:30am: SS*Classic/DC 10:30am: SS*Classic/DC 12:30pm: SS*Classic/SJ 5:30pm: Zumba/BP 5:15pm: Zumba/JP(45 min) 5:30pm: Spinning/SB 7:00pm: KickFit/TL 5:30pm: Strong Nation/KK	## TUESDAY ## DNESDAY ## THURSDAY ## FRIDAY 5:30am : Spinning/MA

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

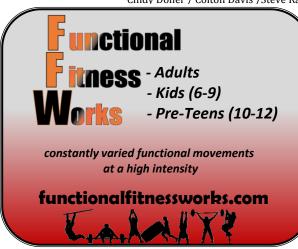


FUNCTIONAL TRAINING STUDIO						
BodyPump		HIIT				
1	CIRCL Mobility (Tues)					
TRX	Silver Sneakers	KickFit				

Group Fitness Instructors:

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

Cindy Doner / Colton Davis /Steve Rankin/Whitney Robertson/Brandi Pardo







Set up your **FREE** personal training consulation TODAY!

...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