

Fiff QS WORKS	real Gym. Real Weights. Real People. Real Community.			Jess E	ENEX.	
www.Family	Fitnesswork	s.com	f familyfitr	nessworks	1	tnessworks_ffw
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Not Staffed						

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Not Staffed							
Classes that are held outside FFW	5:30am : Spinning/MA	5:30am : BodyPump/KK		5:30am : BodyPump/KK			
staffed hours are for	8:15am : Spinning/MT		5:30am : Spinning/MA	8:15am : BodyPump/MT	5:30am : Spinning/KS/KK		
FFW Members Only. Other entry will result in	8:30am: TRX/HS	8:15am : BodyPump/MT	8:15am : Spinning/MT			7am : Spinning/KH	
tresspassing charges.		9:30am: CIRCL Mobility	o. roam . opining/wr		8:15am : Spinning/KS	8am : BodyPump/TP/KK	
gg		, , , , , , , , , , , , , , , , , , , ,	8:30am: TRX/HS	10:00am: PiYo/CD	J		
	10:30am: SS*Stretch/				9:30am: Yoga/CC		
	Strength/SJ	10:00am: PiYo/CD		10:30am: SS*Classic/DC			
1pm: Strong Nation/KK		10:30am: SS*Classic/DC	10:30am:SS*yoga/CD	12:30pm:SS*Classic/SJ	10:30am: SS*Classic/DC		
2pm: CIRCLMobility/KK	5:30pm : Spinning/KS	12:30pm: SS*Classic/SJ	12pm:ZumbaQuick Burn/JP	·			
4:30pm: Spinning/WR	6:00pm: Zumba/BP	5:15pm: Zumba/JP(45 min)		5:30pm: Strong Nation/KK	4:30pm: Kickboxing/CD		
	7:00pm: KickFit/TL		5:30pm : Spinning/SB				
			7:00pm: KickFit/TL				
				6:30pm: ThickFitBounce*			
		5:30pm:BodyPump/TP/CP	-	(not included in			
				FFW membership)			

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

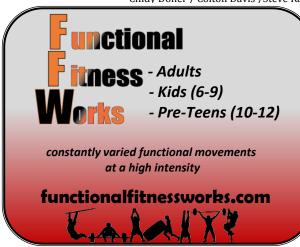


FUNCTIONAL TRAINING STUDIO						
BodyPump			HIIT			
•	CIRCL Mobility (Tues)					
TRX	Silver Sneakers		KickFit			
		•				

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