

	FIFTELLS WORKS	al Cym. Real Weights. Real People.				(4555)	<u> </u>	E LIE		
www.familyFitnessworks.com				f f	amilyfitne	essworks		<b>o</b> familyf	itnessworks_ffw	
	SUNDAY	MONDAY	THESDAY	WEDN	ESDAY	THURSDAY		FRIDAY	SATURDAY	

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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.		8:15am : BodyPump/MT		' '		7am : Spinning/KH	
Other entry will result in	8:30am: TRX/HS	, ,	8:15am : Spinning/MT	10:00am: PiYo/CD			
tresspassing charges.		9:30am: CIRCL Mobility			8:15am : Spinning/KS	8am : BodyPump/TP/KK	
			8:30am: TRX/HS	10:30am: SS*Classic/DC			
	10:30am: SS*Stretch/						
	Strength/SJ	10am: PiYo/CD		12:30pm:SS*Classic/SJ			
1pm: Strong Nation/KK			10:30am:SS*yoga/CD				
		10:30am: SS*Classic/DC		5:30pm:Spinning/WR	10:30am: SS*Classic/DC		
2pm: CIRCLMobility/KK	5:30pm : Spinning/KS	12:30pm: SS*Classic/SJ	12pm:ZumbaQuick Burn/JP	(Starts 7/25)			
		5:15pm: Zumba/JP (45 min)			4:30pm: Kickboxing/CD		
			5:30pm : Spinning/SB	F-20 Otana - National IVIV			
	7.00 K:-I-F:#/TI		-	5:30pm: Strong Nation/KK			
	7:00pm-KickFit/TL		7:00nm KinkEit/TI	6:20nm: ThickEitPounce*			
		5:30pm:BodyPump/TP/CP	7:00pm-KickFit/TL	6:30pm: ThickFitBounce* (not included in			
		J.Jopin.bouyrump/17/07		FFW membership)			
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	STUDIO 1 (2nd Floor)	
KickFit(Tuesdays)	PiYo	Kickboxing
Zumba (ALL)	CIRCL Mobility (Sun)	ThickFitBounce*

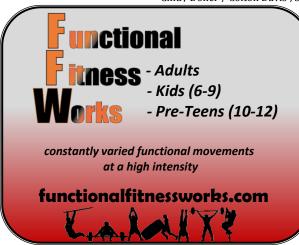


FUNCTIONAL TRAINING STUDIO						
BodyPump		HIIT				
TRX	CIRCL Mobility (Tues) Silver Sneakers	KickFit				

## **Group Fitness Instructors:**

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

Cindy Doner / Colton Davis /Steve Rankin/Whitney Robertson







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