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EFF. 10/1, 2023

**\*\*\$15 for Non-Member**

**\*\$5-10 OR \$75/mo. membership**

**(\*\* classes included in \$75/mo. membership)**

**FIRST TIMERS (\$28/14 DAYS/\*UNLIMITED CLASSES)**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15-6:15am Weight Training Need Assessment	5:15-6:15am Weight Training Need Assessment	5:15-6:00am "G" Battle Balls, Bands & Boards	5:15-6:15am Weight Training Need Assessment	5:15-6am ** "G" Fit Cycle w/Gena B	7-8:00am Weight Training Need Assessment	7:30-8:15am * "G" Battle Balls, Bands & Boards w/Pat
6:20-7:05pm * Xtreme Step w/Jen	6:15-7:15pm ** Heavy Bag Boxing Fitness w/Stephen NEED: Gloves, wraps and a mat. **We have a few gloves avail. for first timers.	6:20-7:05pm * Hip Hop w/Camille	6:20-7:20pm ** Heavy Bag Boxing Fitness w/Stephen NEED: Gloves, wraps and a mat. **We have a few gloves avail. for first timers.	5:30-6:15pm * Zumba w/Camille	8-9:00am Weight Training Need Assessment	8:30-9:15am ** "G" Fit Cycle w/Gena B
7:15-8:00pm * Hip Hop Cardio Kick w/Jen	7:15-8:00pm * Xtreme Step w/Arkeva or Jen SPECIFIC INSTRUCTOR LISTED UPON SIGN UP	7:15-8:00pm * Xtreme Step w/Arkeva or Jen SPECIFIC INSTRUCTOR LISTED UPON SIGN UP	7:30-9pm * Urban Line Dance w/Deitra	8-8:45am * "G" Battle Ropes w/Gena B, Kerry Ann, Jen, Pat SPECIFIC INSTRUCTOR LISTED UPON SIGN UP	8-8:45am * "G" Battle Ropes w/Gena B, Kerry Ann, Jen, Pat SPECIFIC INSTRUCTOR LISTED UPON SIGN UP	8:30-9:15am ** "G" Fit Cycle w/Gena B
5:30-6:15pm * "G" Battle Balls, Bands & Boards w/Camille	5:30-6:15pm * "G" Battle Ropes w/Kerry Ann	5:30-6:15pm * TBA Fitness (Thighs, Booty, Abs) w/Twana	5:30-6:30pm Weight Training Need Assessment	5:30-6:15pm * Zumba w/Vickie	9:50-10:40am * Zumba w/Vickie	2:30-3:15pm ** Gospel Ride w/Mark *****STARTS 10/15/23****
5:30-6:30pm Weight Training Need Assessment	5:30-6:30pm Weight Training Need Assessment	5:30-6:30pm Weight Training Need Assessment	6:30-7:30pm Weight Training Need Assessment	5:30-6:15pm * Zumba w/Camille	10:50-11:35am * Silver & Gold w/Shelley	
10-10:45am * FHIIT & Toning w/Pat	11-11:45am * BEGINNERS Xtreme Step w/Debbie		10-10:45am * Silver & Gold w/Shelley	5:30-6:15pm * FHIIT & Toning w/Pat		

**5 and 10 Class**

**Passes available!!**

**SCAN BARCODE OR  
VISIT OUR WEBSITE**

