

# Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
High Definition 5:30-6:30am Studio A Tracey Stump	Tabata Tune Up 5:30-6:15am Studio A Tracey Stump	High Definition 5:30-6:30am Studio A Tracey Stump	Tabata Tune Up 5:30-6:15am Studio A Tracey Stump	High Definition 5:30-6:30am Studio A Tracey Stump
Strong Stretch 5:30-6:15am Studio B Tracie Duncan	Shine Uplift 5:30-6:15am Studio B Amy Nelson	StrongHer 4:00-4:45pm Studio B Cassy Kent	Shine Uplift 5:30-6:15am Studio B Amy Nelson	Shine Uplift 5:30-6:15am Studio B Amy Nelson
Mini Movers 11:00-11:45am Studio A Cassey Belt	Chair Yoga 8:15-9:00am Studio B Abra Frisch	Senior Balance and Mobility 4:15-5:00pm Studio A Cassey Belt	Chair Yoga 8:15-9:00am Studio B Abra Frisch	<b>SESSION 1</b> Jan 11th-March 7th  MAKE-UP WEEK March 8th-14th
StrongHer 4:00-4:45pm Studio B Cassy Kent	Slow Flow Yoga 9:15-10:00am Studio B Abra Frisch	Night Flow Yoga 5:30-6:15pm Studio A Tracie Duncan	Slow Flow Yoga 9:15-10:00am Studio B Abra Frisch	<b>SESSION 2</b> March 22nd-May 16th  MAKE-UP WEEK May 17th-23rd
Senior Balance and Mobility 4:15-5:00pm Studio A Cassey Belt	Senior Strength 4:00-4:45pm Studio A Cassy Kent		Senior Strength 4:00-4:45pm Studio A Cassy Kent	
Night Flow Yoga 5:30-6:15pm Studio A Tracie Duncan	Jagatuor Martial Arts 7:00-8:00pm Studio B Jason Sears		Jagatuor Martial Arts 7:00-8:00pm Studio B Jason Sears	<b>Be on the lookout for self defense classes!</b>

## New Year New Routine



### New Members

Purchase two months and receive your third month free, plus a 5-class punch card to explore fitness class options.

### Existing Members

Upgrade your membership this New Year and get 1 month FREE, plus a 5-class punch card to try new workouts!

Already at the top membership?  
Stop by the front desk for a complimentary  
5-class punch card; our thank-you for your continued support.