**February-March 2023 Group training monthly.**

SATURDAY

8:00-9:00 am

 **Spinning & Sculpt**

Stacy/Brenda

9:00-10:00 am

 **Yoga**

Haylee/Molly

SUNDAY

6:00-7:00 pm

 Yoga

Haylee

FRIDAY

5:30-6:15 am

**Spinning & Abs**

Steph

8:00-8:45 am

**Spinning & Sculpt**

Molly

**Updated Schedule March 11-15th.**

**Please look at the updated schedule**

WEDNESDAY

5:30-6:15 am

**Spinning & Sculpt**

Steve

8:00-8:45 am

**F.I.T**

Molly

**Join us for our March challenge! Sign up at front desk**

4:30-5:15 pm

**Butts & Gut’s**

Steph

###### THURSDAY

5:30-6:15 am

 **Yoga**

Haylee

8:00-8:45 am

**Barre**

Jeanne

10:00-11:00 am

**Silver Sneakers**

Ruth

**5:45-6:45 pm**

**Yoga**

**Haylee**

###### TUESDAY

5:30-6:15 am

**Cardio Barre**

Stephanie

8:00-9:00 am

 **Yoga**

Haylee/Molly

10:00-11:00 am

**Silver Sneakers**

Ruth

5:00-6:00 pm

**Spinning**

Molly

###### MONDAY

5:30-6:15 am

 **Boot camp**

Lora

8:00-8:45 am

**Per4mance**

Molly

**Group Personal Training monthly**

**Tuesdays, Thursday’s, Friday’s 6:00-6:45 am**

**sign up required.**

4:30-5:15 pm

**F.I.T**

Steph

5:30-6:30 pm

 **Yoga**

Molly