



Group-X Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9am Fit n' 50+ w/Cliff & Linda		9am Fit n' 50+ w/Cliff & Linda		9am Fit n' 50+ w/Cliff & Linda	
					Sunday
6pm Power Hour w/Tonya	6pm Strength & Tone (Lower) w/Michele	6pm Bootcamp w/Michele *See Facebook for location*	6pm Strength & Tone (Upper) w/Michele		4pm Circuit Sizzle w/ Michele

Fit n' 50+: Discover the benefits of lifelong fitness with this fun & energetic class that will keep you moving at your own pace & building cardiovascular fitness, strength & endurance. Join us & see for yourself that age is just a number.

Power Hour: We are changing things up for the warmer weather months! Join Tonya on a one hour Power Walk starting and ending at the gym when weather permits. If unable to walk, we will have a one hour Ab and Booty Blast class in our Group X room where you will tone, tighten and firm your abs and booty with a series of exercises targeting these areas - and have a BLAST while doing it! ***BOTH ARE FREE AND OPEN TO THE PUBLIC.***

Strength & Tone: Get your heart rate up and tone with fun combinations of aerobics & strength exercises.

Boot Camp: Take your workout outside! Bodyweight and interval style exercises. See our Facebook for locations. ***FREE AND OPEN TO THE PUBLIC***

Circuit Sizzle: A toning & calorie blasting strength circuit including bodyweight exercises, weights & Fun!

Join the Fun!

REMINDER: GROUP FITNESS MEMEBERS PLEASE PARK IN THE FAR SIDE OF WEST ISHPERING DENTAL. SHERRI'S RESTRAUNT WOULD APPRECIATE IT, AS WOULD OUR ANYTIME STAFF. Thank You!