

SMALL GROUP TRAINING

APR. 1st - MAY 12th

5:30am	Bootcamp Amy C. T/Th - 25 min. \$23/week	V-Barre Amy C. W - 25 min. \$11.50/week						
6am	Bootcamp Amy C. T/Th - 25 min. \$23/week	CCS Angela M/Th - 25 min. \$23/week	ECT Dana T/W/F - 25 min. \$34.50/week	Bootcamp Rachel W - 50 min. \$16.50/week	Bootcamp Rachel F - 50 min. \$16.50/week	HIIT Rachel T/Th - 25 min. \$23/week	HIIT Sam M/W/F - 25 min. \$34.50/week	HIIT Sam T/Th - 25 min. \$23/week
6:30am	Bootcamp Amy C. T/Th - 25 min. \$23/week	V-Barre Angela Th - 25 min. \$11.50/week	Endurance Easton M/W - 25 min. \$23/week	HIIT Rachel T/Th - 25 min. \$23/week	HIIT Sam T/Th/F - 25 min. \$34.50/week			
7am	* HIIT Sam M/W - 25 min. \$34.50/week	Bootcamp Sam T/Th - 50 min. \$33/week						
7:30am	ECT Rachel W/F - 25 min. \$23/week	* HIIT Sam F - 25 min. \$34.50/week						
8am	VSF Amy C. T/Th - 25 min. \$23/week	HIIT Rachel T/Th - 25 min. \$23/week	HIIT Rachel F - 25 min. \$11.50/week	* ECT Tim W - 25 min. \$34.50/week				
8:30am	HIIT Rachel T/Th - 25 min. \$23/week	Springboard Sam M - 25 min. \$11.50/week	ECT Sam T/Th - 25 min. \$23/week	JHPR Tyson M/W - 25 min. \$23/week	* ECT Tim M/F - 25 min. \$34.50/week			
9am	ECT Dana T/Th - 50 min. DROP IN - \$24	ECT Rachel T - 25 min. \$11.50/week	HIIT Sam M - 25 min. \$11.50/week	HIIT Sam W - 25 min. \$11.50/week				
9:30am	Bootcamp Amy C. M - 50 min. \$16.50/week	Bootcamp Amy C. T/W/Th - 25 min. \$34.50/week	FSB Easton M/W - 25 min. \$23/week	HIIT Rachel M/F - 25 min. \$23/week	HIIT Rachel W - 25 min. \$11.50/week	ECT Rachel T/Th - 25 min. \$23/week	PT Group Sam M/W/F - 25 min. \$34.50/week	
10am	Fit Moms Tyson M/W/F - 25 min. \$34.50/week							

GROUP LEGEND:

CCS = Circuit Cardio & Strength

ECT = Endurance Circuit Training

FSB = Functional Strength & Balance

HIIT = High Intensity Interval Training

JHPR = Joint Health & Pain Relief

PRE = Posture & Restorative Exercise

VSF = V-Barre Springboard Fusion

W&W = Weightlifting & Weightloss

* This class has another day and time

that is included in the price.



SMALL GROUP TRAINING

APR. 1st - MAY 12th

GROUP LEGEND:

- CCS = Circuit Cardio & Strength
- ECT = Endurance Circuit Training
- FSB = Functional Strength & Balance
- HIIT = High Intensity Interval Training
- JHPR = Joint Health & Pain Relief
- PRE = Posture & Restorative Exercise
- S&P = Strength & Power
- VSF = V-Barre & Springboard Fusion
- W&W = Weightlifting & Weightloss

* This class has another day and time that is included in the price.

10:30am	ECT Rachel W - 25 min. \$11.50/week	TRX Joanna M/W - 25 min. DROP IN - \$15.50				
12pm	Lunchtime Jolt Dana M/T/Th/F 25 min. - \$46/week	HIIT Sam T/F - 25 min. \$23/week				
4:30pm	Bootcamp Amy C. M/W - 25 min. \$23/week	* HIIT Tim F - 25 min. \$34.50/week				
5pm	Circuit Easton M/W - 25 min. \$23/week	* HIIT Tim M/W - 25 min. \$34.50/week				
5:30pm	Bootcamp Amy C. T/Th - 50 min. \$33/week	Bootcamp Amy C. W - 50 min. \$16.50/week	Abs & Glutes Amy H. M/W - 25 min. \$23/week	VSF Angela M/W - 50 min. \$33/week	ECT Kirsten M/W - 50 min. \$33/week	HIIT Rachel T/Th - 25 min. \$23/week
6pm	W&W Easton T/Th - 50 min. \$33/week	ECT Rachel W - 25 min. \$11.50/week	W&W Tyson M/W - 50 min. \$33/week			
6:30pm	V-Barre Angela M/W - 25 min. \$23/week	TRX Joanna M - 25 min. DROP IN - \$15.50	Starter Pack Tim M - 25 min. \$11.50/week			

Reservations are recommended. 24 hour cancellation applies. Classes that don't average a minimum of 3 in a month may be cancelled. To ensure safety, participants must be 14 or older. Ages younger than 14 require personal trainer approval.

Program Cancellation: 7+ days notice: full refund - 6 days to 24 hours notice: 50% refund - No refunds after first day of class.