

Small Group Personal Training Classes

SUN	MON	TUES	WED	THUR	FRI	SAT
8:00 - 9:00am POP-UP Specialty Class Check Schedule 9:30 - 10:20am Trainer's Choice	5:45 - 6:35am S&L - Full 7:00 - 7:50am Strength in Motion 8:15- 9:05am S&L - Full 9:30 - 10:20 am MoveWell - Senior Fitness Coming soon 4:15 - 5:05pm S&L - Upper 5:30 - 6:20pm S&L - Full 6:45 - 7:35pm S&L - Full	6:30 - 7:20am Row & Grow 8:15- 9:05am Balance & Build 4:15 - 5:05pm S&L - Full 5:30 - 6:20pm Barbell Lifts	5:45 - 6:35am Strength in Motion 7:00 - 7:50am Strength in Motion 8:15- 9:05am S&L - Full 4:15 - 5:05pm S&L - Lower 5:30 - 6:20pm S&L - Full 6:45 - 7:35pm S&L - Full	7:00 - 7:50am Strength in Motion 8:15- 9:05am Balance & Build 9:30 - 10:20 am MoveWell - Senior Fitness Coming Soon 4:15 - 5:05pm Row & Grow 5:30 - 6:20pm S&L - Full	5:45 - 6:35am S&L - Full 7:00 - 7:50am S&L - Full 8:15- 9:05am Row & Grow 4:45 - 5:35pm POP-UP Row & Grow or Trainer's Choice	8:00 - 8:50am Trainer's Choice 9:15 - 10:05am Trainer's Choice 