

# FIREHOUSE GYM

\* BARRE: MEMBERS (\$15/PERMONTH UNLIMITED)

\$10 PER CLASS - NON-MEMBERS

## GROUP FITNESS CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00 AM	<b>BOOTCAMP</b> W/ JENN	<b>SPIN</b> W/ CHRIS	<b>BARRE</b> W/ JENN	<b>SPIN</b> W/ CHRIS	<b>BOOTCAMP</b> W/ JENN	
8:30 AM	<b>ENERGY</b> W/ ANN		<b>ENERGY</b> W/ ANN		<b>ENERGY</b> W/ ANN	
9:30 AM			<b>YOGA</b> W/ JANICE			<b>STRONG</b> W/ VALERIE
9:45 AM	<b>SILVER SNEAKERS</b>				<b>SILVER SNEAKERS</b>	
10:30 AM	<b>SILVER SNEAKERS</b>		<b>SILVER SNEAKERS</b>		<b>SILVER SNEAKERS</b>	
5:30 PM	<b>YOGA</b> W/ JANICE	<b>STRONG</b> W/ VALERIE		<b>STRONG</b> W/ VALERIE		
6:00 PM			<b>ZUMBA</b> W/ BRIAN			
6:15 PM	<b>H.I.T.T SPIN</b> W/ TRACIE			<b>H.I.T.T SPIN</b> W/ TRACIE		
6:30 PM	<b>ZUMBA</b> W/ VALERIE					