

Fall Fitness SCHEDULE

Starts Saturday, September 19th



MON	TUE	WED	THU	FRI	SAT	SUN
5:30-6:00am Pilare Sculpt Chelsea	5:30-6:15am Spinning Michelle	5:45-6:30am Strength Chelsea	5:30-6:00am Bootcamp Jenna	5:45-6:30am Strength Cass	7-7:45am Spinning Michelle	9-10am Moderate Flow Yoga Jennifer
5:45-6:30am Strength Jenna	5:30-6:15am Open Gym Members Only	9-9:45am Strength Chelsea	6:05-6:35am Bootcamp Jenna	9-9:45am Strength Jenna	8-8:45am Barbell Sculpt Nikki	POP UPS!
9-9:45am Strength Chelsea	9-9:45am Pilare Sculpt Chelsea	4:15PM Strength Cass	4:15PM Strength Chelsea		9-10am Pilare Sculpt Chelsea	Workshops
4:15-5pm Barbell Sculpt Nikki	6-6:45pm Power Yoga All Levels Crystal	6-6:45pm Strength Cass	6-6:45pm Warm Pilare Sculpt Chelsea			Special Events

Class Bookings Open Saturday, September 5th and/or
Two Weeks Prior to Scheduled Class

For more info, please visit our website: www.abetterselfct.com
or call 860.716.8816.

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