

FEBRUARY 2012

Monday

HOURS	5:30AM – 6:30PM
7:00 am	Free Weights
8:00 am	Free Weights
9:30 am	Kettles & Bars
5:30 pm	Free Weights

Tuesday

HOURS	5:30AM – 6:30PM
7:00 am	On the Ball
8:00 am	Opening Moves
3:30 pm	Lunges & Squats 101
5:30 pm	On the Ball

Wednesday

HOURS	5:30AM – 6:30PM
7:00 am	Lunges & Squats
8:00 am	Free Weights
5:30 pm	Free Weights

Thursday

HOURS	5:30AM – 6:30PM
7:00 am	Warrior Ways
8:00 am	On the Ball
9:30am	On the Ball
5:30 pm	Lunges & Squats 101

Friday

HOURS	5:30AM – 6:00PM
7:00 am	Free Weights
8:00 am	Free Weights
9:00 am	Opening Moves
3:30 pm	Warrior Ways

Saturday

HOURS	7:00AM – 10:00AM
8:30 am	Opening Moves

** Schedule subject to change without notice

** Classes are offered free of charge for members only, unless otherwise noted **

Please Note:

Feb.18 – 20th – The Gym Will Be Closed For President's Day Weekend

Staff are unavailable between 12:00 – 12:30pm