

Group Fitness Schedule

Fee for Debbie's Classes: \$10 Drop-In
 OR \$100.00 - 15 class punch card
 Effective: November 18th, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00AM	Tabata Sculpt (Debbie)		Circuit (Debbie)		Aerobic Sculpt (Debbie)
9:00AM	Total Body Sculpt (Debbie)	Yoga (Debbie) 	Total Body Sculpt (Debbie)	Yoga (Debbie) 	Total Body Sculpt (Debbie)
10:15AM		Men's FFG (Debbie)		Men's FFG (Debbie)	Gentle Yoga (Debbie) 
12:30PM	Water Aerobics (Jon) \$10.00		Water Aerobics (Jon) \$10.00		
1:00PM				Line Dancing (Annie)	
3:00PM	Stretch, Meditate, & Relax (Debbie) 				