

# Group Fitness Schedule

Fee for Debbie's Classes: \$10.00 drop-in OR \$100.00 - 15 class punch card

Effective: October 16th, 2017

	<i>Motivation Monday</i>	<i>Try It Tuesday</i>	<i>Work It Wednesday</i>	<i>Tone Up Thursday</i>	<i>Fantastic Friday</i>
<b>8:00 AM</b>	Step & Sculpt (Debbie)	Men's FFG (Debbie)	A-Aerobics, B-Butt, C-Core (Debbie)		Circuit Challenge (Debbie)
<b>9:00 AM</b>	Total Body Sculpt (Debbie)	Yoga (Debbie)	Total Body Sculpt (Debbie)	Yoga (Debbie)	Total Body Sculpt (Debbie)
<b>10:15 AM</b>		Men's FFG (Debbie)		Men's FFG (Debbie)	
<b>11:00 AM</b>	Sit to Be Fit <b>**Pre-Payment **</b> (Debbie)		Sit to Be Fit <b>**Pre-Payment **</b> (Debbie)		
<b>12:30 PM</b>	Water Aerobics (Jon) \$10.00		Water Aerobics (Jon) \$10.00		
<b>1:00 PM</b>				Line Dancing <b>**Pre-Payment **</b> (Annie)	