

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>
8:00 AM	Aerobic & Sculpt (Debbie)	Men's FFG (Debbie)	A-Aerobics, B-Butt, C-Core (Debbie)		Circuit Challenge (Debbie)
9:00 AM	Total Body Sculpt (Debbie)	Yoga (Debbie)	Total Body Sculpt (Debbie)	Yoga (Debbie)	Total Body Sculpt (Debbie)
10:15 AM		Men's FFG (Debbie)		Men's FFG (Debbie)	
11:00 AM	Sit to Be Fit **Pre-Payment** (Debbie)		Sit to Be Fit **Pre-Payment** (Debbie)		
12:30 PM	Water Aerobics (Jon) \$10.00		Water Aerobics (Jon) \$10.00		
1:00 PM				Line Dancing (Annie)	