



MAY Schedule

Members \$15 upgrade for unlimited classes

Non-Members \$35 unlimited classes

Guest walk-in fee \$7 per class

Silver Sneakers Members \$20 Unlimited Classes

Monday

Fit over 50 8am Main Gym (Walt)
Cardio Sculpt 9 am (Sherri)
Mixed Yoga 4PM (Courtney)
Booty & Core 5:30 pm (Kate)
Fusion 6 pm (Kate)
Zumba 7 pm (Erica-Lynn)

Tuesday

SPIN 6am (Kate)
Pilates 9 am (Jen)
Silver Sneakers Circuit 10 am (Sara)
SPIN 11 am (Ann)
Gentle Yoga 4 pm (Jen)
Kettlebell Camp 5:30pm (Walt)
Zumba 6:30pm (Erica-Lynn)

Wednesday

SPIN 6 am (Ann)
Fit over 50 8am Main Gym (Walt)
DancXise 9 am (Sherri)
Gentle Yoga 4 pm (Jen)
TRX 6:30 pm (Walt)

Thursday

Cardio-Jam 9 am (Sherri)
Silver Sneakers Stability 10 am (Sara)
Restorative Yoga 4 pm (Courtney)
SPIN 5:30 pm (Walt)
POUND 6:30pm (Jordan)

Friday

SPIN 6am (Juanita)
Yoga 8 am (Maddie)
Move & Tone 9:30 am (Sherri)

Saturday

Yoga 8 am (Karlin)
SPIN 12 pm (Juanita)

910-399-4760

Schedule updates available at www.4ever24fit.com