



## October Schedule

Members \$15 upgrade for unlimited classes

Non Gym-Members \$40 unlimited classes

Guest walk-in fee \$7 per class

Silver Sneakers Members \$20 Unlimited Classes

### Monday

Cardio Sculpt 9 am (Sherri)

Body Blast 5:45 pm (Sarah)

Cardio Dance Fusion 7 pm (Sarah)

### Tuesday

SPIN 6am (Harry)

Pilates 9 am (Jen)

Silver Sneakers Circuit 10 am (Jen)

SPIN 11 am (Ann)

Gentle Yoga 4 pm (Jen)

TRX & Strength 5:30pm (Harry)

Cardio Dance Fusion 6:30pm (Sarah)

### Wednesday

SPIN 6 am (Sara)

DancXise 9 am (Sherri)

Restorative Yoga 4 pm (Jen)

CT Xpress 6 pm (Sherri)

SPIN Xpress 6:30 pm (Sherri)

### Thursday

TRX & Strength 6am (Harry)

Cardio-Jam 9 am (Sherri)

Silver Sneakers Stability 10 am

(Alan/Emily)

Zumba Gold 11 am (Will)

SPIN 5:30 pm (Harry)

### Friday

SPIN 6 am (Sarah)

Yoga 8 am (Ana)

Move & Tone 9:30 am (Sherri)

### Saturday

Yoga 9 am (Karlín)

SPIN 10:15 am (Sara S.)

**910-399-4760**

Schedule updates available at [www.4ever24fit.com](http://www.4ever24fit.com)