



CLASS CLUB

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 - 8:55am FIT Core with Corry	8:30 - 8:55am FIT Core with Pamela	8:30 - 8:55am FIT Core with Corry	8:30am - 8:55am FIT HIIT with Pamela	8:30 - 9:15am FIT Sculpt with Kim
9:00 - 9:45am FIT Strength with Corry	9:00 - 9:45am Kickboxing with Pamela	9:00 - 9:45am FIT Interval with Shiko	9:00am - 9:45am FIT Strength with Pamela	
10:00 - 10:45am Zumba with Shiko	10:00 - 10:45am Yoga Rehab with Rebecca	10 - 10:45am FIT Sculpt with Marie	10:00 - 10:45am Yoga Rehab with Rebecca	10:00 - 10:45am Zumba with Shiko

Class Club Rules:

1. Please arrive 5 minutes prior to class. Wait list and walk up slots will begin to be released 5 minutes before classes begin.
2. Please cancel your class reservation if you cannot attend class. After 3 no-shows, you will need to rely on walk-up only for 30 days.
3. Store bags in lockers. Bring only water and towel into the class space.
4. Keep conversation to a minimum. Put that focus and energy into your workout and your neighbors will be able to do the same.
5. Please wipe down and store your equipment after class. Clean up, clean up, everybody everywhere.....
6. Have a great workout!