

GROUP EXERCISE CLASSES

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Boot Camp Fitness			5:30-6:30pm Granville			11:15-12:15pm Pierce	
Hip Hop Cardio							4:30-5:30pm McKinney
Pilates Mat	10:15-11:15am Kavon	6-7pm Kavon	10:15-11:15am Kavon	6-7pm Kavon	11:15-12:15pm Kavon		
Yoga- Premier				10:30-11:30am 11:30-12:30pm Harris			
Yoga- Beginning		10-11:15am Carver					
Yoga- Intermediate		11:30am-12:45pm Carver					
Yoga- All Levels	12-1pm Hanson		12-1pm, 1-2pm (Meditation) Carver		10-11am Hanson		11:15-12:30pm Leigh
Yoga- Special	Yoga- Gentle, 10:15-11:30am Cramer		Yoga- Gentle, 10:15-11:30am Cramer		Yoga- Chair, 11am-12pm Cramer		
ZUMBA Fitness		5:30-6:30pm Myers		5:30-6:30pm Myers		9:30-10:30am Myers	
ZUMBA Gold	9-10am Cummins		9-10am Cummins		9-10am Cummins		
ZUMBA Toning		9-10am Jones					

PERSONAL TRAINERS

Single Session

\$45 – 1 hour session

Package Deals

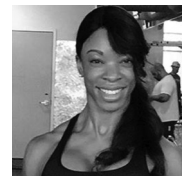
\$110 – 3 hrs

\$200 – 6 hrs



Chuck Amato

Specializes in Post Disability Fitness, serving clients with strokes & major accidents.



Andrea Green

Focuses on intense cardio, flexibility, posture, muscle endurance & strength training.



Garland Brown

Specializes in strength building.