

FLEX

SMALL GROUP TRAINING & CLASS SCHEDULE

MONDAY

SMALL GROUP PERSONAL TRAINING Anytime 9 am – 9 pm (30-60 min)

LAUGHTER YOGA 1:00 pm (45 min) FREE for members

FLEX N' FLOW YOGA LEVEL TWO 6:00 pm (55 min)

TUESDAY

SMALL GROUP PERSONAL TRAINING Anytime 9am – 8 pm (30-60 min)

PILATES MAT 6:30 pm (40 min)

WEDNESDAY

SMALL GROUP PERSONAL TRAINING Anytime 9 am – 8 pm (30-60 min)

LAUGHTER YOGA 1:00 pm every other week (45 min) FREE for members

FIT STRIP CARDIO & POLE DANCING 7:00 pm (60 min)

THURSDAY

SMALL GROUP PERSONAL TRAINING Anytime 9am -8pm (30-60 min)

SILVER SENSATIONS 12:30 pm (30 min)

FLEX N' FLOW YOGA LEVEL ONE 6:00 PM (55 min)

PILATES & ABS 7:00 PM (45 min)

FRIDAY

SMALL GROUP PERSONAL TRAINING Anytime 9-2 (30-60 min)

SATURDAY

BOOTY – FIT CAMP 9:00 am (45 min)

SMALL GROUP PERSONAL TRAINING Anytime 9 am – 1 pm (30-60 min)

LAUGHING YOGA 1:00 pm (45 min) every other week FREE for members

Training is available as early as 6 am with a scheduled appointment