

Attention Members

***In response to your feedback,
PLEASE NOTE THE FOLLOWING
GROUP FITNESS SCHEDULE CHANGES***

Effective: Monday, Sept. 16

Strong & Lean moves to Thursday @ 10:15am

Tabata moves to Monday @ 9:30am

**Kickbutt Boxing replaces Butts N' Guts on
Wednesday @ 9:15am**

Monday 9:15am Cycle RT moves to 9:30am

Wednesday 9:15am Cycle RT moves to 9:30am

Wednesday 6:30pm Cycle RT moves to 6:15pm

Thursday 9:15am Step 45 moves to 9:30am

Thursday 6:00pm Step 45 moves to 6:15pm

Thursday 6:45pm CXWORX moves to 7:00pm

Friday 9:15am Sh'Bam moves to 9:30am