

Class Schedule

\$140 class pass for 20 classes
or
\$10 Walk in fee

Unlimited Class membership – 15 weeks for \$105 (Gym members only)
That is only \$7 per week!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
09:00:00 AM		BODY SCULPT WORKOUT		BODY STRETCH AND TONE	GENTLE PILATES	8:30 am TOTAL BODY TONE
09:30:00 AM	TOTAL BODY TONING	CORE WORKOUT	YOGA	CORE WORKOUT		
10:00:00 AM	PILATES				POUND W/ KAREN	ZUMBA *
11:00:00 AM	ZUMBA Gold Janis 11am - noon		ZUMBA Gold Janis 11am - noon			
05:00:00 PM	BODY AND CORE(5:15)	YOGA 5:15 – 6:15	SHAPE W/ Karen	TOTAL BODY TONING		
05:30:00 PM			BEGINNER PILATES	PILATES		
06:00:00 PM	POUND W/Abby					
06:30:00 PM		ZUMBA* Abby		ZUMBA* Abby		

*Zumba is included in the Live Fit gym membership

ALL GYM MEMBER MAY TRY A CLASS FREE BEFORE PURCHASEING A CLASS MEMBRSHIP