



JULY

**FIT GROUPS
TRAINING
SCHEDULE**

ALL
SESSIONS
30
MINUTES!

CLOSED
JULY 4TH
JULY 13TH, 14TH
& 15TH

M

TRX
8:15 AM

WOMEN &
WEIGHTS
9:00 AM

MOBILITY
9:45 AM

WOMEN &
WEIGHTS
5:15 PM

WOMEN &
WEIGHTS
6:00 PM

TU

ZOOM
MOBILITY
7:45AM

CURBSIDE
CARDIO
8:30AM

BE SURE TO
WARM UP!

SUMMER
SCRAMBLE
5:15 PM

FUNCTIONAL
TRAINING
6:00 PM

W

CIRCUIT
TRAINING
8:15 AM

WOMEN &
WEIGHTS
9:00AM

SUMMER
SCRAMBLE
10:30 AM

CHECK OUT
OUR SUMMER
SPECIAL!!

"WHERE
FITNESS
MEETS FUN"

TH

ZOOM
FUNCTIONAL
TRAINING
7:45 AM

WOMEN &
WEIGHTS
8:30 AM

DON'T
FORGET
YOUR
WATER!

FUNCTIONAL
TRAINING
5:15 PM

SUMMER
SCRAMBLE
6:00 PM

F

WOMEN &
WEIGHTS
8:15 AM

SUMMER
SCRAMBLE
9:00 AM

FUNCTIONAL
TRAINING
10:30 AM

YOU ARE
WORTH IT!

S

CIRCUIT
TRAINING
9:30 AM

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M-S!!!

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