

# ClubFit

Group *Fitness* Coaching

## CLASS SCHEDULE

<u>DAY</u>	<u>TIME</u>	<u>CLASS</u>
MONDAY	7:00AM	CORE, CARDIO, STABILITY - ERIC
	9:30AM	H.I.I.T. - JUDY
	11:00AM	TRX - CAROLYN
	6:00PM	CIRCUIT INTERVALS - NATALIE
TUESDAY	12:15PM	COMBATABATA - AMY
WEDNESDAY	6:30AM	TRX - CAROLYN
	6:30PM	MMA/EXERCISE BOXING - SCOTT
THURSDAY	8:00AM	STRENGTH/CARDIO CIRCUIT
	9:30AM	H.I.I.T. - JUDY
	12:15PM	COMBATABATA - AMY
	6:00PM	CIRCUIT INTERVALS - NATALIE
FRIDAY	8:00AM	MMA/EXERCISE BOXING - SCOTT
SATURDAY	9:00AM	STRENGTH/CARDIO CIRCUIT - SCOTT

**ClubFit classes are \$18.00 per session – save \$3 per class if you purchase 8 at a time!  
Please pre-pay for session packages or single sessions at the front desk prior to joining class.**

**All classes meet in the ClubFit area on the track.**

