









Group Basic & Membership add-on Schedule

Time	Mon	Tues	Wed	Thurs	Fri	Sat
5:45a		CYCLING (45 mins) Lindsey Lerit	Basic Strength Beth Smith	CYCLING (45 mins) Lindsey Lerit		
7:30a						CYCLING Lindsey Lerit
8:30a						Team Training Lindsey Lerit
8:30a						 Christa Loveless
9a	AQUA WORKOUT Diane Gray		AQUA WORKOUT Diane Gray		AQUA WORKOUT Susan Snyder	
9:30a	BOOT CAMP Jessica Lynam	CYCLING Jessica Lynam	HIIT Christa Loveless	YOGA Catherine Fournier	STEP & SCULPT Christa Loveless	
10:30a					CYCLING Bonnie Willoughby	
10:30a					YOGA Bonnie Willoughby	
12:15p	 Christa Loveless		 Christa Loveless		 Christa Loveless	
3:45p	KIDSFIT Beth Smith		KIDSFIT Beth Smith		KIDSFIT Beth Smith	
5:30p	 Bonnie Willoughby	CYCLING Lindsey Lerit	Basic Strength Jory Adams	Team Training Lindsey Lerit		
6:30p	YOGA (90 mins) Bonnie Willoughby	 Vera Kochs	 Michele Weatherwax	CYCLING Lindsey Lerit		
7:00p		Master Swim Alex S		Master Swim Alex S	Updated 1/31/18	
7:30p				AQUA Susan Snyder		

Master Swim
\$15.00 per week or see our Membership add-on for unlimited use and **70% savings**

Team Training Upgrade your Membership to Endurance for **\$20 per month** and get Unlimited Team Training along with One 60 min Personal Training Session per month
Team Training is for individuals who want a Coached class using cardio equipment, weights, TRX, Battle ropes, Kettlebells, sleds, and much for! Team Training programs change every 30 days, unlike Group Basic which is 90 days

Personal Training Packages
Non-Member (1) 60 Minute Session \$100.00
Member (1) 60 Minute Session \$75.00
Member (10) 60 Minute Sessions \$550.00

Member Swim Lesson Packages
(1) 30 minute Lesson \$45.00
(5) 30 minute Lesson \$190.00
(10) 30 minute Lesson \$360.00
(20) 30 minute Lesson \$660.00