

# GROUP PROGRAM SCHEDULE

Effective October 1, 2011



CrossFit	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
5:00a												
6:00a	Crossfit	Hollace	Crossfit	Amy Q	Crossfit	Hollace	Crossfit	Tracy	Crossfit	Amy C		
8:00a											Crossfit	Hollace
9:00a												
9:30a	Crossfit	Mandy	Crossfit	Kelli	Crossfit	Hollace	Crossfit	Hollace	Crossfit	Kelli		
12:00p	Crossfit	Mandy			Crossfit	Hollace			Crossfit	Kelli		
3:00p												
5:30p	Crossfit	Staff	Crossfit	Staff					Crossfit	Kelli		

Crossfit Open Gym: Sundays 2- 4 p.m.  
 Limited Space is available and classes are fee- based. To attend you must enroll with a Concierge.

TRX	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
5:00a	TRX	Danny										
6:00a	TRX	Shellie			TRX	Shellie						
9:00a	TRX	Danny	TRX	Shellie			TRX	Shellie			TRXenlisted	Danny
10:00a	TRX	Danny			TRX	Danny			TRX	Shellie		
11:00a			TRX	Shellie			TRXenlisted	Shellie				
6:00p												
6:30p					TRXenlisted	Trevor						

Limited Space is available and TRX is fee- based.

Pilates Group	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
5:45a									Pilates	Cindy		
8:30a							Pilates	Hilary				
8:40a	Pilates	Hilary			Pilates	Hilary						
9:00a			Pilates	Janice								
9:30a											Pilates	Hilary
9:45a					Osteoporosis Pilates	Hilary						
10:00a	Pilates	Janice	Pilates	Janice					Pilates	Janice		
10:30a							Pilates	Janice				
12:00p			Pilates	Cindy			Pilates	Cindy				
1:00p			Pilates	Cindy			Pilates	Cindy				
1:30p	Pilates	Dawn			Pilates	Dawn						
2:30p	Pilates for Seniors	Janice							Pilates for Seniors	Janice		
5:30p	Pilates	Janice	Pilates	Janice					Pilates	Staff		
6:00p												
6:30p			Pilates	Cindy	Pilates	Janice	Ballet Bar/Pilates	Staff				

All classes are multi-level unless otherwise noted. Limited Space is available and classes are fee- based.  
 Please see Hilary Fields or speak with a Concierge to enroll. Private sessions are also available.