

NOVEMBER 2021 – Group Fitness

SUN	MON	TUE	WED	THU	FRI	SAT
	<u>1</u> 9AM- Stretch-It-Out	<u>2</u>	<u>3</u> 9AM- Stretch-It-Out 4PM- Butts&Guts	<u>4</u>	<u>5</u>	<u>6</u>
<u>7</u>	<u>8</u> 4PM- Butts&Guts	<u>9</u> 5:15PM- Cardio Strengthening	<u>10</u> 9AM- Stretch-it-Out 4PM- Butts&Guts	<u>11</u> 5:15PM- Cardio Strengthening	<u>12</u>	<u>13</u> 9:15AM- Cardio Strengthening
<u>14</u>	<u>15</u> 9AM- Stretch-It-Out 4PM- Butts&Guts	<u>16</u> 5:15PM- Cardio Lifting	<u>17</u> 9AM- Stretch-It-Out 4PM- Butts&Guts	<u>18</u> 5:15PM- Cardio Lifting	<u>19</u>	<u>20</u> 9:15AM- Cardio Strengthening
<u>21</u>	<u>22</u> 9AM- Stretch-It-Out 4PM- Butts&Guts	<u>23</u> 5:15PM- Cardio Lifting	<u>24</u>	<u>25</u> Gym Closed	<u>26</u>	<u>27</u>
<u>28</u>	<u>29</u> 9AM- Stretch-It-Out 4PM- Butts&Guts	<u>30</u> 5:15PM- Cardio Lifting				



Prices

First Class is Always Free

Members

1 Class—\$2
Month Unlimited-\$15

Non-Members

1 Class—\$4
Month Unlimited-\$30

Contact

540-743-8110

Class space is limited due to Covid. Please sign up at the front desk.

Payments are due at time of sign up. At this time we are only taking payments per class and not monthly payments.

Schedule subject to change
Class must have at least 2 participants to run

Class Descriptions

Butts & Guts: Are you looking for a class to get sculpted legs, hips and abs? This class is a fun way to lose weight, burn calories and tone your hips, legs and core. Butts and Guts is appropriate for all fitness levels.

Stretch-It-Out: Flexibility makes everyday movement easier so start your morning off right with a full body stretch. Not only will this class target your muscles but also your mind, with relaxing music and deep breathing to help calm the mind This class is appropriate for all fitness levels.

Cardio Strengthening: Light Weights + High Reps + Fun Motivating Music = Major Calories Burned