

May 2022 Group Fitness Schedule



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
		6:30AM- Morning Mobility w/Tommy 8AM- Stretch-It-Out 5:15PM- Cardio Strengthening	4PM- Total Body Toning	6:30AM- Morning Mobility w/Tommy 8AM- Stretch-It-Out 5:15PM- Cardio Strengthening		
8	9	10	11	12	13	14
	4PM- Total Body Toning	6:30AM- Morning Mobility w/Tommy 8AM- Stretch-It-Out 5:15PM- Cardio Strengthening	4PM- Total Body Toning	6:30AM- Morning Mobility w/Tommy 8AM- Stretch-It-Out 5:15PM- Cardio Strengthening		9:30AM- Line Dancing
15	16	17	18	19	20	21
	4PM- Total Body Toning	6:30AM- Morning Mobility w/Tommy 8AM- Stretch-It-Out	4PM- Total Body Toning	6:30AM- Morning Mobility w/Tommy 8AM- Stretch-It-Out 5:15PM- Cardio Strengthening		
22	23	24	25	26	27	28
	4PM- Total Body Toning	6:30AM- Morning Mobility w/Tommy 8AM- Stretch-It-Out	4PM- Total Body Toning	6:30AM- Morning Mobility w/Tommy 8AM- Stretch-It-Out 5:15PM- Cardio Strengthening		
29	30	31				
	Gym Closed	6:30AM- Morning Mobility w/Tommy 8AM- Stretch-It-Out 5:15PM- Cardio Strengthening				

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

Space is limited. Sign-up for your class ahead of time to reserve your spot, payments are due at time of sign-up to hold your spot. Payments for class are non-refundable/transferable UNLESS notice is given 24 hours before the class starts.

SCHEDULE IS SUBJECT TO CHANGE

Classes must have 2 participants to run

CLASS DESCRIPTIONS

Total Body Toning: 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 arms, 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 Lifting: Light Weights + High Reps + Fun Motivating Music = Major Calories Burned

Morning Mobility with Tommy: A combination of stretching, muscle release techniques and movements to help everyone move and feel better throughout their day. It's not yoga, but may include some yoga poses. It's not stability, but will include core and stability strengthening. It's not flexibility, but will include work on becoming more flexible and stronger through lengthening our bodies. The goal is to set you up to perform your best throughout the day!