

New! Training Membership			As of 2/16/19		 TRUNK TRAINERS <small>PERSONAL TRAINING SERVICE</small>	
Small Group Training Schedule			Includes full access to fitness facility.			
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5-5:45am	5-5:45am	5-5:45am	5-5:45am	5-5:45am	5-5:45am	
6-6:45am	6-6:45am	6-6:45am	6-6:45am	6-6:45am	6-6:45am	
	7:30-8am in 206		7:30-8am in 206		7:15-8am	
9:30-10:15am	7:15-8am	9:30-10:15am	8-8:45am	9:30-10:15am	9:30-10:15am	
11-11:45 am		11-11:45 am		11-11:45am	11-11:30am	
					11:30am-12pm	
1-1:45pm PM		1-1:45pm PM		1-1:45pm PM	1-1:45pm PM	
3-3:45pm	3-3:45pm	3-3:45pm	3-3:45pm	3-3:45pm		
4:30pm-5:15pm		4:30pm-5:15pm		4:30pm-5:15pm		
5:30-6:15pm	7:30-8am in 206	5:30-6:15pm	7:30-8am in 206	5:30-6:15pm		
Zumba Gold	When instructor is available, included in membership					
Gold Elefits	Senior Fitness	Included in Membership				
Youth Gymnastics	4 week cycles	\$15+tax/Class				
Intro to Weight Room	4 week cycles	\$15+tax/Class				
\$242+tax per month						
\$199+tax per month to upgrade a current membership						