

# New! Training Membership

Starting April 2019



## 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		7-7:45am Ane K
	8am-8:45am		8-8:45am		8-8:45am
9:30-10:15am		9:30-10:15am		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	5:30-6pm Ane K	4:30pm-5:15pm	
5:30-6:15pm	5:30-6pm in 206	5:30-6:15pm	5:30-6pm in 206	5:30-6:15pm	

Zumba Gold	When instructor is available, included in membership	
Gold Elefits	Senior Fitness	Included in Membership
Youth Gymnastics	Ages 3-8	\$15+tax/Class
Intro to Weight Room	Ages 8-17	\$15+tax/Class
Finish a 5k	Walk/Run Group	\$15+tax/Class

**\$242+tax per month**

\$199+tax per month to upgrade a current membership