

HOMETOWN FITNESS SEPTEMBER SCHEDULE

www.myhometownfitness.com

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
A.M.		8:15 - 9:00 Silver Sneaks	8:15 - 9:00 Silver Sneaks	8:15 - 9:00 Silver Sneaks		7:30 - 8:30 Yoga	
	10:00 - 11:00 Step It Up	9:15 - 10:00 Thighs Butts & Gutts	9:00 - 9:45 Spinning	9:10 - 10:30 Pilates	9:00 - 10:00 Bag Basics	8:45-9:45 Boot Camp 10:00 - 11:00 Zumba @ 59	A.M. A.M. A.M. A.M.
BRING A FRIEND FOR FREE! Monthly Family Pass \$10							
P.M.		5:00 - 5:45 Spin Fusion					
	6:15 - 7:00 Cross Train 7:15 - 8:00 Spinning	6:00 - 6:50 Step It Up 6:30 - 7:30 Zumba @ 59 7:00 - 8:00 Yoga-Lates	6:00 - 6:45 Ab Attack 7:00 - 8:00 Boot Camp	6:00 - 6:45 Cardio Kick Boxing		Free Floor Trainer 1:00 - 3:00	P.M. P.M. P.M. P.M.

If you would like to see more classes at other times or new classes please tell your instructor

Personal Training also available for as low as \$30 per session

For more information, schedual a complimentary fitness assessment at the front desk.