

## HOMETOWN FITNESS MARCH SCHEDULE

[www.myhometownfitness.com](http://www.myhometownfitness.com)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
A.M.	7:00 - 8:00 Boot Camp	8:15 - 9:00 Silver Sneaks'	7:00 - 8:00 Boot Camp	8:15 - 9:00 Silver Sneaks'	7:00 - 8:00 Spinning	7:30 - 8:30 Yoga	A.M.
	9:30 - 10:30 Cardio Blast	9:15 - 10:00 Thighs Butts & Gutts 10:15 - 11:00 Cross Train	8:15 - 9:00 Silver Sneaks'	9:30 - 10:15 Spinning XXX	9:30 - 10:45 Pilates	9:00-9:45 Boot Camp 10:00 - 11:00 Zumba	
BRING A FRIEND FOR <b>FREE!</b> Monthly Family Pass \$10							
P.M.	6:15 - 7:00 Cross Train 7:15 - 8:00 Spinning	5:00 - 5:45 Spin Fusion 6:00 - 6:45 Yoga-Lates 7:00 - 8:00 Zumba	6:00 - 6:45 Ab Attack 7:00 - 8:00 Boot Camp 8:00 - 9:00 MMA Conditioning (Additional Cost)	6:00 - 6:45 Cardio Kick Boxing			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.