



Fall GroupEx and F45 exam week schedule

Monday, Dec. 11 - Friday, Dec. 15

Monday	Tuesday	Wednesday	Thursday	Friday
Yoga (Free) 12:10-12:55 p.m. Grace	F45 6:30-7:15 a.m. Chris & Blaine	Yoga 12:10-12:55 p.m. Lauren	F45 6:30-7:15 a.m. Chris & Kyle	F45 12:15-1 p.m. Blaine & Jake
F45 12:15-1 p.m. Maddy & Madi	Mobility 12:10-12:55 p.m. Maddy	F45 12:15-1 p.m. Kyle & Madi	Tighten & Tone 12:10-12:55 p.m. Grace	<div>Buy your spring unlimited fitness pass by Jan. 13</div> <div>Save \$10</div>
Cycle+Core 5:30-6:30 p.m. Sam	F45 12:15-1 p.m. Mike & Beth	Full Body Strength 4:15-5 p.m. Antonia	F45 12:15-1 p.m. Cece, Beth Mike	
F45 5:20-6:05 p.m. Antonia & Gentz	Zumba® 5:15-6 p.m. Brittney	F45 5:20-6:05 p.m. Antonia & Grace		
Zumba® 7-7:45 p.m. Lexi	F45 5:20-6:05 p.m. Jake & Cece	Zumba® 6:30-7:15 p.m. Brittney		

Pass prices

Fall group fitness and unlimited passes are valid all week.

Single class pass: \$4
Grey and Yellow classes

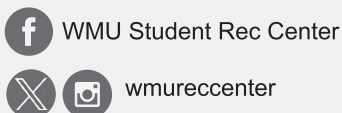
Free Yoga classes
SRC access is required to participate

Yoga (Free)
6:15-7:15 p.m.
Kayla

CycleFit
6:30-7:15 p.m.
Sam



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