

Club Fitness
Hours:
24/7

CLUB FITNESS

Oct 2018
Group Fitness
Schedule

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:45am <i>Express classes are 45 mins</i>	 HIIT Spin Express w/ Quiana	 Express w/ KJ	 HIIT Spin Express w/ Hilda	 Express w/ Will	Early detection for breast cancer saves LIVES! Show your support for breast cancer research either by donating your time and/or money to the Susan G. Komen Foundation 	8:45am 10/6: Liz 10/13: KJ 10/20: Julia 10/27: BodyPump Launch #107	 9:45am w/ Noel (Barre Room)
Morning Classes	 9:30am w/ Brandy <u>Schedule</u> goclubfitness.com	9:15am Yoga Align & Refine w/ Michelle 9:15am w/ Shakina	9:30am Yoga Deep Stretch w/ Michelle 	9:15am w/ Erika 9:30am Yoga Align & Refine w/ Michelle	9:30am Yoga Align & Refine w/ Michelle	9:30am w/ Brandy	11:15am Yoga Deep Stretch w/ Michelle
	 9:30am w/ KJ Club Fitness Steele Creek Instagram	9:30am w/ Faith	9:30am w/ Nivea	9:30am w/ Faith	9:30am Club Fitness Steele Creek	9:30am w/ Brandy	 <u>Child Care Hrs</u> Mon – Thur: 8:30am – 12pm 4:00pm – 8:30pm Fri: 9am – 12:00pm Sat: 8:00am – 12:00pm <u>Kid Zone Hrs</u> Mon- Thurs: 4:00pm – 8:30pm Sat: 8:00am – 12:00pm
11:30am Silver Sneakers Classes	 Classic w/ Carla	 Circuit w/ Carla	Group Fitness Schedule goclubfitness.com	 Classic w/ Carla		 10:00am SPIN w/ Shannon	 10:00am Kristen: 10/6 & 10/27 Renae: 10/13 & 10/20
4:30pm	 w/ April	 Club Fitness Steele Creek	 w/ April	Club Fitness App! 		 11:00am w/ Noel (Barre Room)	<u>Friends</u> We are here for you not just during class but after as well Please let us know if we can help you in any way with your fitness/health goals!
5:30pm 	 w/ Shakina 	 w/ Sammi 	 w/ Shannon 	 w/ Sammi w/ Shakina	#ROUTINEMAMMOGRAM #1in8diagnosedwithbreast canceryearly	 We are also "Going Pink" for BodyPump Launch #107! Join your TRIBE wearing this color as we honor our friends and family members whose lives have been affected by breast cancer. <i>Together.....we can make a difference!</i> When: Saturday, Oct 27 2018 Time: 8:45 am Wear: PINK Presenters: KJ, Shakina, Beatrix & Shannon	
6:00pm	 w/ Hilda w/ Beatrix	Share your excitement about our classes by bringing in a friend or family member to one of our classes for free! Please have them check in at the front desk! 	 w/ Rich w/ Gaylynn	 w/ Kristen <u>Schedule</u> goclubfitness.com			
6:30pm 	 w/ Paul	 w/ KJ	 w/ Will	 w/ Beatrix			
6:45pm/ 7:30pm	 Club Fitness Steele Creek	6:45pm/Michelle Yoga 	7:30pm ABS w/ Will	Club Fitness Steele Creek 			

