

Sept. - Nov. | Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
	3-2-1 1:00 - 1:30 am Hailey	Core & More 1:00 - 1:30 am Hailey	Butts & Guts 1:00 - 1:30 am Hailey	Whiteboard Workout 1:00 - 1:30 am Anthony
Core & Stretch 12:00 - 12:20 pm Anthony		Bootcamp 12:15 - 12:45 pm Hailey	Core & Stretch 12:00 - 12:20 pm Anthony	
	Strength & Conditioning 4:00 - 4:30 pm Anthony	Upper Body Blast 4:00 - 4:30 pm Anthony		

FITNESS 

AT **SPS**TOWER