



# GROUP FITNESS CLASS SCHEDULE

## MONDAYS

9:30AM  
**SPIN**  
MARTY

10:30AM  
**QUICK ABS**  
MARTY

## WEDNESDAYS

9:30AM  
**SPIN**  
MARTY

10:30AM  
**QUICK ABS**  
MARTY

## FRIDAYS

9:30AM  
**FAITH FITNESS**  
COMMUNITY OUTREACH  
KELLI

## SATURDAYS

9:30AM  
**SPIN**  
MARTY

10:30AM  
**QUICK ABS**  
MARTY

PLEASE BRING YOUR OWN MATS

\*The Vault is available for private corporate events, speak to a manager for more information.

## CLASSES

### SPIN

Classic Stationary Cycling class including interval training, climbing and speed work. Come ready to work!

### FAITH FITNESS

Join us for a different kind of workout! Faith-based classes that offer a wide variety of styles: cardio drumsticks, kickboxing, barre and more!

### QUICK ABS

Twenty-minute mat class focusing on core, abs, postural stability. Feel the burn!

## HOURS

### GYM HOURS

MONDAY - FRIDAY 4AM-10PM  
SATURDAY 7AM-8PM  
SUNDAY 8AM-6PM

### CHILD CARE HOURS

MONDAY - FRIDAY 9AM-12PM & 4PM-8PM  
SATURDAY 9AM-12PM  
SUNDAY CLOSED