

SOUTHWEST FITNESS CLASS SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<u>Xtreme Circuit</u> (Mandi) 7:45-8:15 AM		<u>Xtreme Hiit</u> (Mandi) 7:45-8:15AM		
	<u>Sweat Fest</u> (Karen) 8:00-9:00AM	<u>Strength Cardio</u> (Jeannie) 8:30-9:30AM	<u>Sweat Fest</u> (Karen) 8:00-9:00AM	<u>Strength Cardio</u> (Jeannie) 8:30-9:30AM	<u>Flow Yoga</u> (Jeannie) 8:30-9:30AM	<u>Xtreme Strength & Endurance</u> (Mandi) 8-8:45 AM
	<u>Silver Sneakers</u> (Monica) 11:00-11:45AM		<u>Silver Sneakers</u> (Monica) 11:00-11:45AM		<u>Silver Sneakers</u> (Monica) 11:00-11:45AM	
	<u>Zumba</u> (Shauna) 5:30-6:30PM	<u>Xtreme Circuit</u> (Mandi) 5:15-5:45PM	<u>Zumba</u> (Shauna) 5:30-6:30PM	<u>Xtreme Hiit</u> (Mandi) 5:15-5:45PM		
		<u>Yoga</u> (Maddie) 6-7 PM		<u>Yoga</u> (Maddie) 6-7 PM		

GYM office HOURS:

SUNDAY 10AM-2PM

MONDAY-THURSDAY 5:30AM-9PM

FRIDAY 5:30AM-8PM

SATURDAY 8AM-2PM