

DECEMBER 2021
OPTIONS

SMALL GROUP TRAINING OPTIONS

Our Small Group training sessions offer you a more intimate setting than a typical group fitness class with more individualized attention from the trainer and an atmosphere of camaraderie and encouragement between participants.

CYCLE & SCULPT

with WENDY O'BRYANT

MONDAYS

4:30-5:30 PM

STUDIO 1

JABS, BAGS & ABS PM

with SHAUNNA RIVERA

TUESDAYS *NO SESSIONS ON DEC 21*

6:30-7:30 PM

SPORTS FACTORY

AQUA CROSS TRAIN

with HILARY PERSING

WEDNESDAYS

7:00-8:00 AM

LAP POOL

JABS, BAGS & ABS AM

with SHAUNNA RIVERA

THURSDAYS *NO SESSIONS ON DEC 23*

10:00-11:00 AM

SPORTS FACTORY

ORANGE FACTOR

with KIM KELLAGHER

FRIDAYS *NO SESSIONS ON*

5:30-6:30 AM

DEC 24 & DEC 31

- PLEASE SEE FRONT DESK FOR PRICING ON SPECIFIC SMALL GROUPS
- MONTHLY REGISTRATION & DROP-IN OPTIONS AVAILABLE
- REGISTER AT THE FRONT DESK OR ONLINE TODAY!

