

NOVEMBER 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

BOOT CAMP

with COURTNEY EIBNER
TUESDAYS
9:00-10:00 AM
FITNESS FLOOR

JABS, BAGS & ABS PM

with SHAUNNA RIVERA
TUESDAYS
6:30-7:30 PM
SPORTS FACTORY

AQUA CROSS TRAIN

with HILARY PERSING
WEDNESDAYS
7:00-8:00 AM
LAP POOL

HIGH INTENSITY TONING

with COURTNEY EIBNER
WEDNESDAYS
10:30-11:30 AM
SPORTS FACTORY

JABS, BAGS & ABS AM

with SHAUNNA RIVERA
THURSDAYS
10:00-11:00 AM
SPORTS FACTORY

KETTLEBELL BASICS

with JUSTINE HENDRICKS
THURSDAYS
6:30-7:30 PM
SPORTS FACTORY

ORANGE FACTOR

with KIM KELLAGHER
FRIDAYS
5:30-6:30 AM
ALTERNATING LOCATIONS:
NOV 5 & 19 - FITNESS FLOOR
NOV 12 - SPORTS FACTORY
NO SESSION ON NOV 26

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

