

**All classes are included  
with your membership!**

# FITNESS | U

AT STRAWBERRY SQUARE  
SEE YOURSELF FIT

**Non-Members welcome:  
One class: \$5  
Group Ex Punch Card: \$40  
(10 visits)**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>6:30-7:00 AM</b>	<b>TABATA BOOTCAMP</b> April				
<b>11:10-12:10 PM</b>	<b>VINYASA YOGA</b> Kelsey				
<b>11:30-12:15 PM</b>		<b>TREKKING PLUS ABS</b> Kelsey			
<b>12:10-1:10 PM</b>	<b>BODY SCULPT</b> Vonda	<b>HATHA YOGA</b> Tracy	<b>BODY SCULPT</b> Vonda	<b>PILATES</b> Dianne	<b>TABATA BOOTCAMP</b> Rob
<b>1:10-2:10 PM</b>				<b>TREKKING PLUS ABS</b> Christine	
<b>1:10-2:10 PM</b>	<b>PILATES</b> Dianne	<b>TABATA BOOTCAMP</b> Rob		<b>HATHA YOGA</b> Tracy	
<b>4:30-5:20 PM</b>			<b>CYCLING FUSION</b> <small>For the love of the ride inside and out</small> Stephen	<b>TABATA BOOTCAMP</b> April	
<b>5:00-6:00 PM</b>		 Kayla			
<b>5:30-6:30 PM</b>				 Kayla	
<b>6:00-8:00 PM</b>	<b>JUDO</b> Yves 6-8PM *FEE		<b>JUDO</b> Yves *6:15-8PM *FEE		