


Summer Annex & Fitness Studio Schedule

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Monday 6:00am - 9:30pm	Tuesday 6:00am - 9:30pm	Wednesday 6:00am - 9:30pm	Thursday 6:00am - 9:30pm	Friday 6:00am - 9:30pm	Saturday 8:00am - 4:30pm	Sunday 8:00am - 4:30pm
	Great Start Spin 6:15 - 7:00am		Great Start Spin 6:15 - 7:00am		 Have your fitness and equipment questions answered during our Ask A Trainer hours July 2 - Aug 10.	
F'AB Ride 9 - 10am	Spin/TRX 9 - 10am	F'AB Ride 9 - 10am	Spin/TRX 9 - 10am			
Mom & Babe Spin 12:00 - 1:00pm	50+ Circuit Training 10:30 - 11:30am		50+ Circuit Training 10:30 - 11:30am			
Ask A Trainer 11:30am - 3:30pm	Ask A Trainer 11:30am - 3:30pm	Ask A Trainer 11:30am - 3:30pm	Ask A Trainer 11:30am - 3:30pm	Note: Check pages 74 & 76 for program dates.		Ask A Trainer 11:30am - 3:30pm
Spin/TRX 5:30 - 6:30pm	F'AB Ride 5:30 - 6:30pm	Spin/TRX 5:30 - 6:30pm	F'AB Ride 5:30 - 6:30pm			
TRX 6:45 - 7:45pm		TRX 6:45 - 7:45pm				

Register for these programs or drop-in if space allows.