



Interim Group Fitness Schedule September 3rd, 2019 — September 6th, 2019

YFIT-

Class A: Wednesday & Friday 9:30 - 10:15am
(Dates: September 4th & 6th)

Class B: Tuesday & Thursday 4:30-5pm
(Dates: September 3rd & 5th)

Cost: Class A or B : \$FREE – Members & General Public

Boot Camp-

Class A: Monday & Wednesday 4:15 – 5:15pm

Class B: Monday & Wednesday 5:30-6:15pm
(Dates class A&B: Wednesday September 4th)

Class C: Wednesday, & Friday 5:45-6:15am
(Dates class C: September 4th & 6th)

Cost: \$FREE - Members & General Public

Sit N Get Fit-

When: Tuesday & Thursday 9:30-10:15am
(Dates: September 3rd & 5th)

Cost: \$FREE – Members & General Public

Gladstone Cardio-

When: Wednesday 8-8:45am
(Dates: September 4th)

Cost: \$FREE – Members & General Public



Please note: We will be closed on Monday September 2nd in observation of the Labor Day holiday.