



Monday

TIME	CLASS
5:45 am	Bootcamp
6:10 am	Spinning
8:45 am	Step/Strength Interval
9:10 am	Spinning
10 am	Strength/Stretch (30 mins)

Tuesday

TIME	CLASS
5:45 am	Spinning
8:30 am	Bootcamp
9:35 am	Cardio Kickbox
6 pm	Spinning
7:05 pm	Candlelit Yoga

Wednesday

TIME	CLASS
5:45 am	Bootcamp
6:10 am	Spinning
8:30 am	Zumba
9:10 am	Spinning
9:35 am	Step/Strength Interval
12:05 pm	Lunchtime Express Yoga (45 mins)
6 pm	Pilates

Thursday

TIME	CLASS
5:45 am	Spinning
8:30 am	Bootcamp
9:10 am	Spinning
6 pm	Spinning

Friday

TIME	CLASS
5:45 am	Bootcamp
6:10 am	Spinning
8:30 am	Yoga Flow
9:35 am	Spinning
9:35 am	Cardio Kickbox

Saturday/Sunday

TIME	CLASS
SATURDAY	
7 am	Spinning
8 am	GFIT60
9 am	Zumba
10 am	Pilates
SUNDAY	
7 am	Spinning
8 am	"SUN"Rise Yoga

MEMBERSHIP DETAILS

1. **Annual Membership** - \$50 a month for a one year commitment
2. **Month to Month Membership** - \$60 a month; cancel any time with a 30-day written notice
3. **Denison Student Membership** - \$45 a month
4. **Drop In Fee \$15**

PERSONAL TRAINING

We offer top quality personal training to bring your fitness level and plan to a higher level. Purchase 10 or more sessions and receive a 10% discount. Personal training can be done private, with a partner or a small group. We work with your schedule! Inquire within for pricing/scheduling.

CONTACT US TODAY!

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