



# ADULT & JUNIOR FITNESS PROGRAM 2022/2023

FITNESS SCHEDULE			
TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>CARDIO / DANCE</b> 8:30 – 9:30 am Vanessa (ADULTS)</p> <p><b>KIDS BOOTCAMP</b> 5 - 6 pm Vanessa (JUNIORS)</p>	<p><b>HIIT CLASS</b> 10:45 - 11:45 am Vanessa (ADULTS)</p>	<p><b>CARDIO / DANCE</b> 8:30 – 9:30 am Vanessa (ADULTS)</p> <p><b>KIDS BOOTCAMP</b> 5 - 6 pm Vanessa (JUNIORS)</p>	<p><b>HIIT CLASS</b> 10:45 - 11:45 am Vanessa (ADULTS)</p>

**CLASS REGISTRATION AVAILABLE ON THE APP**

**CLASS FEE: \$30 per class**

*Call / text 3055866934 to book personal training at club or in home!*