



# FITNESS CALENDAR

FREE CLASSES INCLUDED WITH EVERY FITNESS MEMBERSHIP AND DROP-IN PASS

## MONDAY

**CORE STRENGTH**  
with Stephanie  
5:10a-6:00a

**G-FIT**  
with Anthony  
8:05a  
**X-FIT ARENA**

**POUND**  
with Maxx  
6:00p-6:45p

**MUVZ**  
7:00p-8:00p

## TUESDAY

**MUVZ**  
with Stephanie  
5:05a-6:00a

## WEDNESDAY

**CORE STRENGTH**  
with Stephanie  
5:10a-6:00a

**G-FIT**  
with Anthony  
8:05a  
**X-FIT ARENA**

**POUND**  
with Yvette  
6:00p-6:45p

**ZUMBA**  
7:00p-8:00p

## THURSDAY

**ZUMBA**  
with Stephanie  
5:10a-6:00a

**G-FIT**  
Intro To Fitness  
6:00p-6:45p

**ZUMBA**  
7:00p-8:00p

## FRIDAY

**G-FIT**  
with Anthony  
8:05a  
**X-FIT ARENA**

**ZUMBA**  
5:45p-6:45p  
**G-FIT**  
Intro To Fitness  
6:00p-6:45p

## SATURDAY

First Sat. every month  
**Fitness Mash Up**

**POUND**  
**MUVZ**  
**ZUMBA**  
9:00a-10:30a



**CHILD CARE**  
8am-8pm MON-FRI  
AGES 2-12



Classes available  
for an additional  
monthly fee.



# CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5AM	5AM	5AM	5AM	5AM	
6AM	6AM	6AM	6AM	6AM	
8AM	9AM	8AM	8AM	8AM	8AM
5PM		6PM	9AM		
6PM	6PM	6PM	5PM	5PM	
7PM	7PM	7PM	6PM	6PM	

**PERSONAL/GROUP TRAINING  
AVAILABLE UPON REQUEST**

FOR MORE INFO:  
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