

SMALL GROUP PROGRAM SCHEDULE - MAR/APR 2019



TRX SUSPENSION TRAINING

Day	Time	Level	Instructor	Session Dates	Classes	Fee
Monday	6:30AM - 7:00AM	All Level	Jeff	March 4 - April 29	9	\$252
Monday	7:00AM - 7:30AM	Beginner	Jeff	March 4 - April 29	9	\$252
Wednesday	9:30AM - 10:00AM	All Level	Carol	March 6 - April 24 *	SOLD OUT	\$224

GRAVITY TRAINING

Day	Time	Level	Instructor	Session Dates	Classes	Fee
Monday	5:30PM - 6:30PM	All Level	Dom	March 4 - April 29	SOLD OUT	\$297
Monday	6:30PM - 7:30PM	All Level	Dom	March 4 - April 29	9	\$297
Tuesday	9:00AM - 10:00AM	All Level	Johnny	March 5 - April 30	8	\$264
Tuesday	10:00AM - 11:00AM	All Level	Debra	March 5 - April 30	SOLD OUT	\$264
Wednesday	9:00AM - 10:00AM	All Level	Trina	March 6 - April 24 *	SOLD OUT	\$264
Wednesday	10:00AM - 11:00AM	All Level	Gudrun	March 6 - April 24 *	8	\$264
Thursday	6:00PM - 7:00PM	All Level	Dom	March 7 - April 25 *	8	\$264
Friday	8:15AM - 9:15AM	All Level	Trina	Mar 1 - April 26 *	SOLD OUT	\$264
Friday	9:15AM - 10:15AM	All Level	Anissa	Mar 1 - April 26 *	8	\$264
Friday	10:15AM - 11:15AM	All Level	Anissa	Mar 1 - April 26 *	SOLD OUT	\$264

MOBILITY AND RANGE OF MOTION TRAINING

Day	Time	Type	Instructor	Session Dates	Classes	Fee
Thursday	11:15AM - 12:15AM	Mobility Flow	Lily	March 7 - Mar 28	4	\$140

COMPLIMENTARY TRX/GRAVITY INTRO CLASSES

Day	Time
Wednesdays	10:30AM - 11:30AM
Thursdays	7:00PM - 8:00PM
Fridays	10:30AM - 11:30AM

* Due to March break, there will be no classes during the week of March 12 - 15. All classes will run for Mobility Flow.

- HST is added to all fees.
- Members are entitled to 1 complimentary Gravity/TRX Intro class. Contact the club to book.
- Participants are entitled to 1 make up class per session. Instructor must be notified in advance if you cannot attend a class.
- Programs may be cancelled due to low enrollment. Members will be accommodated in another program or offered a program fee refund.