

360.691.9631

True To Form

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| Effective 1/2/18 | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------------|-----------------------------|-----------------------|-----------|----------------|---------|---|
| | Early Morning Classes | | | | | <div>Experienced Fitness Class</div> <div>Start time varies.</div> <div>THIS CLASS IS FOR CURRENT STUDENTS-MEMBERS ONLY</div> <div>\$5 Drop-In</div> <div>.....</div> <div>Private and semi-private sessions available.</div> <div>Please call to schedule.</div> |
| 5:15-5:45 | Fitness | | Fitness | | Fitness | |
| | Morning & Afternoon Classes | | | | | |
| 8:30-9:15 | | | | | TRX | |
| 9:30-10:30 | Yoga | Beginning Yoga | Pilates | Beginning Yoga | | |
| | Evening Classes | | | | | |
| 5:00-6:00 | | | Yoga | | | |
| 5:00-5:45 | | TRX/Fitness | | TRX/Fitness | | |
| 5:15-6:00 | | | | | | |
| 6:00-6:45 | | Pilates Core Interval | | | | |
| 6:15-7:00 | Fitness | | Fitness | | | |