

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						
5:00-5:45		TRX/Fitness		TRX/Fitness		
5:15-6:00	Beginning Youth Fitness					
6:00-6:45		Pilates Core Interval		Advanced Youth Fitness		
6:15-7:00	Fitness		Fitness			