

**4 PERSONAL TRAINING SESSIONS SPECIAL**  
 30min \$99 for 1 person or a group of 2  
 45 min \$135 for 1 person or a group of 2



**90 DAY CHALLENGE UNLIMITED LESSONS, MEAL PLAN, WEEKLY WEIGH-INS**  
**\$250**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
MP-Mayeisha AP- Amy JH- Julie ES-Elena CW- Carolyn ST-Shana	<b>1</b> 6:00 MFA HIIT BB 9:30 MFA Sculpting ER 10:30 Zumba ER <b>11:15 Yoga RC</b>  6:45 MFA Sculpting ER <b>7:30pm 45min Zumba GS</b>	<b>2</b> 9:00 Toning JH 10:00 Dance Fit JH  7:00pm Kettlebell AMPD CW 8:00 Yoga Restorative Roller ES	<b>3 WEIGH IN WEDNESDAY</b> 6:00 MFA HIIT BB 9:30 MFA Sculpting ER 10:30 Zumba ER  7:30 pm Kickboxing DH	<b>4</b> <b>9:00 Toning JH</b> <b>10:00 Barre Above CW</b>  7:00pm MFA Burn BB 7:30 PiYo AP	<b>5</b> 6:00 MFA HIIT BB 9:00 Kettlebell AMPD CW 10:00 WERQ CW 11:00 Gentle Fusion Yoga BB	<b>6</b> 9:00 Toning JH 9:45 Dance Fit JH
7	<b>8</b> 6:00 MFA HIIT 9:30 MFA Sculpting ER 10:30 Zumba ER <b>11:15 Gentle Fusion Yoga BB</b>  6:45 MFA Sculpting ER <b>7:30pm 45min Zumba GS</b>	<b>9</b> 9:00 Toning JH 10:00 Dance Fit JH  7:00pm Kettlebell AMPD CW 8:00 Yoga Restorative Roller ES	<b>10 WEIGH IN WEDNESDAY</b> 6:00 MFA HIIT MP 9:30 MFA Sculpting ER 10:30 Zumba MP  7:30 pm Kickboxing DH	<b>11</b> <b>9:00 Toning JH</b> <b>10:00 Barre Above CW</b>  7:30 PiYo AP	<b>12</b> 6:00 MFA HIIT MP 9:00 Kettlebell AMPD CW 10:00 WERQ CW 11:00 Gentle Fusion Yoga BB	<b>13</b> 9:00 Toning JH 9:45 Dance Fit JH
14	<b>15</b> 6:00 MFA HIIT BB 9:30 MFA Sculpting ER 10:30 Zumba ER <b>11:15 Yoga RC</b>  6:45 MFA Sculpting ER <b>7:30pm 45min Zumba ST</b>	<b>16</b> 9:00 Toning JH 10:00 Dance Fit JH  7:00pm Kettlebell AMPD CW 8:00 Yoga Restorative Roller ES	<b>17 WEIGH IN WEDNESDAY</b> 6:00 MFA HIIT MP 9:30 MFA Sculpting ER 10:30 Zumba MP  7:30 pm Kickboxing DH	<b>18</b> <b>Preschool Carnival</b> <b>NO AM Fitness</b>  7:00pm MFA Burn BB 7:30 PiYo AP	<b>19</b> 6:00 MFA HIIT MP 9:00 Kettlebell AMPD CW 10:00 WERQ CW 11:00 Yoga RC	<b>20</b> 9:00 Kettlebell AMPD CW 9:45 WERQ CW
21	<b>22</b> 6:00 MFA HIIT MP 9:30 MFA Sculpting ER 10:30 Zumba ER <b>11:15 Yoga RC</b>  6:45 MFA Sculpting ER <b>7:30pm 45min Zumba MP</b>	<b>23</b> 9:00 Toning JH 10:00 Dance Fit JH  7:00pm Kettlebell AMPD CW 8:00 Yoga Restorative Roller ES	<b>24 WEIGH IN WEDNESDAY</b> 6:00 MFA HIIT MP 9:30 MFA Sculpting ER 10:30 Zumba MP  7:30 pm Kickboxing DH	<b>25</b> <b>9:00 Toning JH</b> <b>10:00 Barre Above CW</b>  7:00pm MFA Burn BB 7:30 PiYo AP	<b>26</b> 6:00 MFA HIIT MP 9:00 Kettlebell AMPD CW 10:00 WERQ CW 11:00 Yoga RC	<b>27</b> 9:00 Toning JH 9:45 Dance Fit JH
28	<b>29</b> 6:00 MFA HIIT MP 9:30 MFA Sculpting ER 10:30 Zumba ER <b>11:15 Yoga RC</b>  6:45 MFA Sculpting ER <b>7:30pm 45min Zumba MP</b>	<b>30</b> 9:00 Toning JH 10:00 Dance Fit JH  7:00pm Kettlebell AMPD CW 8:00 Yoga Restorative Roller ES	<b>.\$25 Unlimited week</b>  <b>\$120 10 Class punch card / \$15 drop-in</b>  <b>\$55/ 12 Month membership (ages 65+)</b>		<b>\$99 Unlimited month</b>  <b>\$75/ 12 Month membership</b>	
<b>Barre Above = \$5 (Classes in red are additional cost)</b>						