



BODYWORKS
FITNESS CLUB

Sept

**All Classes FREE
For Members**

Athletic Facility Classes

	MON	TUES	WED	THUR	FRI	SAT
5:15 AM	FITT Training	FITT Training	FITT Training	FITT Training	FITT Training	
7:00 AM	Golden Age Fitness		Golden Age Fitness		Golden Age Fitness	
8:00 AM	Stretch & Flow		Stretch & Flow		Stretch & Flow	
8:30 AM	Glutes To The Max		Glutes To The Max		Glutes To The Max	
9:00 AM	Cross Functional Drills	Cross Functional Drills	Cross Functional Drills	Cross Functional Drills	Cross Functional Drills	Strongman
4:00 PM		Youth Strength		Youth Strength		
6:00 PM	Yoga			Mat Pilates		