

# CLASS SCHEDULE

**Senior Resistance**  
Instructors Norm and Alicia  
**FREE CLASS WITH MEMBERSHIP!!!**  
TUES. & THURS. 10:00 am



*MEMBERS \$25.00 for punch card of 10 CLASSES*  
*Drop in \$2.50/CLASS*

*NON-MEMBERS \$55.00 for punch card of 10 CLASSES*  
*Drop in \$5.50/CLASS*

## META & HIIT TRAINING with Eli (metabolic and high intensity interval training)

MON. & WED.

6:00 PM

THUR.

7:00 PM



**TUFF NUFF! with NORM**  
MON. through FRI 5:30 am