



FIT Class Schedule for July

Beginning the week of the 11th

Tuesday-

8am Cathy- Group FIT

6pm Noah- Group FIT

Wednesday

9a-Yoga FIT

Thursday

8am Cathy- Group FIT

6pm Noah- Group FIT

Saturday

9a Mike Miller- Group FIT

If you have a group of 4 or more people that would like a different time that meets your schedule needs, please let us know and we can accommodate you to the best of our ability!