

www.rajjiny	Hittie222MOIN	12.PO111	T alling in	IE33WUIK3	S lamilyii	tnessworks_ffw
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Not Staffed						
Classes that are held outside FFW	5:30am : Spinning/MA	5:30am : BodyPump/KK	5:30am : Spinning/MA	5:30am : BodyPump/KK		
staffed hours are for	8:15am : Spinning/MT		8:15am : Spinning/MT	8:15am : BodyPump/MT	5:30am : Spinning/MA/KK	
FFW Members Only.	, -	8:15am : BodyPump/MT				7am : Spinning/KH
Other entry will result in	8:30am: TRX/HS		8:30am: TRX/HS	10:00am: PiYo/CD	8:15am : Spinning/KS	
tresspassing charges.		9:30am: CIRCL Mobility				8am : BodyPump/TP/KK
	10:30am: SS*Stretch/ Strength/SJ		10:30am:SS*yoga/CD	10:30am: SS*Classic/DC	10:30am: SS*Classic/DC	
		10am: PiYo/CD	12pm:ZumbaQuick Burn/JP	12:30pm:SS*Classic/SJ	4:30pm: Kickboxing/TD	
1pm: Strong Nation/KK	5:30pm: Zumba Toning/KK			,		
		10:30am: SS*Classic/DC		5:30pm:Spinning/KB	5:30pm : Spinning/KB	
2pm: CIRCLMobility/KK	5:30pm : Spinning/KS	12:30pm: SS*Classic/SJ				
				5:30pm : BodyPump/SB		
	6:30pm- Zumba/BP	4:30pm: Zumba/JP	5:30pm : Spinning/KS			
			1	5:30pm: Strong Nation/KK		
		5:30pm : Spinning/KB	7:00pm-KickFit/TL			
	7:00pm-KickFit/TL		i			
		5.00 D. J. D /TD/OD		6:30pm: ThickFitBounce*		
		5:30pm:BodyPump/TP/CP	I	(not included in		
				FFW membership)		

	STUDIO 1 (2nd Floor)	
KickFit(Tuesdays) Zumba (ALL) CIRCL Mobility (Sun)	PiYo	Kickboxing ThickFitBounce*

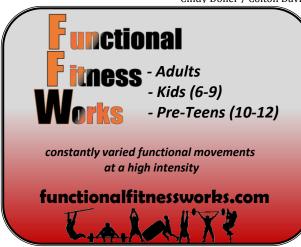


FUNCTIONAL TRAINING STUDIO					
BodyPump			HIIT		
TRX	Zumbell	Sil	ver Sneakers		
CIRCL Mobility (Tues)			KickFit		

Group Fitness Instructors:

Chris Pegg / Dave Caldwell / Heather Dils Steneman / Jewell Pyle/ Kate Schamel Kay Koger / Kim Smith / Mike Allen / Mike Talbot / Brandy Pardo Sandy Jeffers / Stephanie Baker / Tiffany Philbeck

Cindy Doner / Colton Davis /Steve Rankin/ Kim Brown







Set up your **FREE** personal training consulation TODAY!

...see front desk for details

packages available

- Nutrition Education

& Meal Planning

Certified Trainers: Kate Schamel, Kim Smith &

Richard Nelloms

warehouse



Mon-Fri: 7am-2pm 765,935,4645

- Sandwiches & Wraps

- Smoothies

(Non-Fat Yogurt Options)

- Coffees & Teas

- Vegan & Vegetarian Options

- Homemade Protein Bars

- Salads & MORE