

Your Fitness Connection

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 Active 9:15 Power	8:00 Ride	8:00 Active 9:15 Power	8:00 Ride	8:00 Active 9:15 Power	8:00 Ride
9:15 Staying Strong Cardio Interval 10:30 Staying Strong Strength & Stability	9:00 Centergy	9:15 Staying Strong Cardio Interval 10:30 Staying Strong Strength & Stability		9:15 Staying Strong Cardio Interval 10:30 Staying Strong Yoga	9:00 Centergy
5:30 Power 5:30 Fight	5:30 Ride 5:45 Centergy	5:30 Power 5:30 Fight	5:30 Ride 5:30 Centergy		

Where fun and exercise FIT together!

