



# PROGRAM & CLASS SCHEDULE

Fall 2019 Schedule



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>FITNESS &amp; WELLNESS</b>						
<u>LifelongSTRONG</u>	10:00-11:00am		10:00-11:00am			10:30-11:30am
<u>Pilates Mat</u>		6:30-7:30am 7:30-8:30am (Beginner) 1:00-2:00pm		6:30-7:30am 6:30-7:30pm		
<u>Small Group Training</u>	7:00-8:00am 6:00-7:00pm	7:00-8:00am 5:30-6:30pm 6:30-7:30pm	6:30-7:30am 6:00-7:00pm	7:00-8:00am 5:30-6:30pm 6:30-7:30pm (Sweat)	6:30-7:30am 7:00-8:00am	8:00-9:00am 8:30-9:30am (Sweat)
<b>SPORT REHAB</b>						
<u>BackSTRONG</u>			7:00-8:00pm		8:00-9:00am	
<u>BACK in the Game</u>		4:00-5:30pm		4:00-5:30pm		
<b>YOUTH DEVELOPMENT</b>						
<u>SportSTRONG (11-13)</u>	4:30-5:30pm	4:30-5:30pm	4:30-5:30pm	4:30-5:30pm	4:30-5:30pm	9:30-10:30am
<u>SportSTRONG (14-16)</u>	4:30-5:30pm		4:30-5:30pm		4:30-5:30pm	
<u>GirlSTRONG</u>		4:30-5:30pm		4:30-5:30pm		

For specific program start and end dates, please visit [www.fortiussport.com/training](http://www.fortiussport.com/training)