

PROGRAM & CLASS SCHEDULE

Spring 2019 Schedule



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
FITNESS & WELLNESS						
<u>Bootcamp</u>	9:00-10:00am	9:00-10:00am	9:00-10:00am	9:00-10:00am	9:00-10:00am	
<u>LifelongSTRONG</u>	10:00-11:00am		10:00-11:00am			
<u>Pilates</u>				6:30-7:30am 6:30-7:30pm		
<u>Recovery Classes</u>	6:00-7:00pm					10:00-11:00am
<u>Small Group Training</u>	6:30-7:30am (Adv.) 7:00-8:00am 6:00-7:00pm (Adv.)	7:00-8:00am 5:30-6:30pm 6:30-7:30pm	6:30-7:30am (Adv.) 7:00-8:00am 6:00-7:00pm (Adv.)	7:00-8:00am 6:30-7:30pm	6:30-7:30am (Advanced) 7:00-8:00am	8:00-9:00am 9:00-10:00am
SPORT REHAB						
<u>Prenatal Fitness</u>						
<u>BackSTRONG</u>			9:30-10:30am			
YOUTH DEVELOPMENT						
<u>SportSTRONG (11-13)</u>	4:30-5:30pm	4:30-5:30pm	4:30-5:30pm	4:30-5:30pm		10:00-11:00am
<u>SportSTRONG (14-16)</u>	4:30-5:30pm		4:30-5:30pm		4:30-5:30pm	
<u>BACK in the Game</u>		4:00-5:30pm		4:00-5:30pm		

For specific program start and end dates, please visit www.fortiussport.com/training