

PROGRAM & CLASS SCHEDULE

Winter 2019 Schedule



fortius
sport & health

	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	
<u>LifelongSTRONG</u>	10:00-11:00am		10:00-11:00am			
<u>Pilates</u>		12:00-1:00pm		6:30-7:30am 6:30-7:30pm		9:00-10am (Beginner)
<u>Recovery Classes</u>						10:00-11:00am
<u>CycleSTRONG</u>	7:00-8:00pm		7:00-8:00pm			
<u>Small Group Training</u>	7:00-8:00am 6:00-7:00pm (Advanced)	7:00-8:00am 5:30-6:30pm 6:30-7:30pm	7:00-8:00am 6:00-7:00pm (Advanced)	7:00-8:00am 5:30-6:30pm 6:30-7:30pm	7:00-8:00am	8:00-9:00am 9:00-10:00am
SPORT REHAB						
<u>Prenatal Fitness</u>			6:00-7:00pm			
<u>BackSTRONG</u>				9:30-10:30am		
YOUTH DEVELOPMENT						
<u>SportSTRONG</u>	4:30-5:30pm	4:30-5:30pm	4:30-5:30pm	4:30-5:30pm	4:30-5:30pm	10:00-11:00am
<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