



Great**LIFE**

Mitchell

605.995.2888

Norway Location &

Wild Oak Location

June 4th - August 3rd GroupFIT Schedule

M Tu W Th F

5:30 AM	POWER Julie	fight Paula	SuperSETS Paula	CENTERGY Audra	RIDE Taya/Julie
5:30 AM		RIDE Julie			
7:30 AM		HIIT 30 Kelly	R30 Micah	HIIT 30 Kelly	R30 Micah
NOON	CENTERGY Audra	K45 Jade	fight Robin	POWER Jade	fight Robin
5:30 PM	POWER Nicole	fight Robin	SuperSETS Robin	BLAST Barb	

All classes are designed to get our members moving. All levels of fitness are welcome to all classes, as our instructors will give options and modifications for every level . We encourage all of our members to pick a program, and stick with it for maximum results. For a detailed description of each class, please see the front desk for a GroupFIT handout!

Let's Move! - GroupFIT TEAM