



**CLASS PRICING:**

**Member Rate:** \$39.99 | mo *Unlimited Classes + Gym*

**Non-Member Rates:**

**Drop-In Rate:** \$9 | Class

**Punch Card:** \$70 | 10 classes (*valid for 3 months*)

**(563) 587 - 8052**

**Monday - Thursday:** 5am - 8pm

**Friday:** 5am - 5pm

**Saturday:** 6am - 2pm

**Sunday:** 8am - 12pm

# CLASS CALENDAR\*

**MON                      TUES                      WED                      THURS                      FRI                      SAT                      SUN**

<p><b>Inferno Hot Pilates</b> AL 5:15 - 6:15am</p> <p><b>Full Body Workout</b> AL 9:00 - 9:45am</p> <p><b>Flow Yoga</b> AL 10:00 - 11:00 am Cancelled for summer</p> <p><b>Power Yoga (Hot)AL</b> 5:15 - 6:15pm</p> <p><b>A-Lotta-Tabata</b> DG 6:30 - 7:15pm</p>	<p><b>Power Hour</b> JC 5:15 - 6:15am</p> <p><b>Butts &amp; Guts</b> PL 6:20 - 7:00am</p> <p><b>Butts &amp; Guts</b> PL 8:00 - 8:45am</p> <p><b>Power Yoga (Hot)AL</b> 9:00 - 10:00am</p> <p><b>Inferno Hot Pilates</b> AL 5:15 - 6:15pm</p> <p><b>Spin</b> JT 5:30 - 6:00pm</p>	<p><b>Inferno Hot Pilates</b> AL 5:15 - 6:15am</p> <p><b>Full Body Workout</b> AL 9:00 - 9:45am</p> <p><b>Flow Yoga</b> AL 10:00 - 11:00 am Cancelled for summer</p> <p><b>Power Yoga (Hot)AL</b> 5:15 - 6:15pm</p> <p><b>A-Lotta-Tabata</b> DG 6:30 - 7:15pm</p>	<p><b>Power Hour</b> JC 5:15 - 6:15am</p> <p><b>Butts &amp; Guts</b> 6:20 - 7:00am</p> <p><b>Butts &amp; Guts</b> 8:00 - 8:45am</p> <p><b>Power Yoga (Hot)AL</b> 9:00 - 10:00am</p> <p><b>Inferno Hot Pilates</b> AL 5:15 - 6:15pm</p> <p><b>Spin</b> JT 5:30 - 6:00pm</p>	<p><b>Inferno Hot Pilates</b> AL 5:15 - 6:15am</p> <p><b>Yoga Up (Hot)AL</b> 9:00 - 10am</p>	<p><b>Butts &amp; Guts</b> PL 7:00 - 7:45am</p> <p><b>A-Lotta-Tabata</b> DG 8:00 - 8:45am</p> <p><b>Spin</b> JT 9:00 - 9:45am</p> <p><b>Power Yoga (Hot)AL</b> 9:15 - 10:15am</p>	<p><b>Power Hour</b> JC 9:30 - 10:10am</p> <p><b>INSTRUCTORS:</b> Amanda Lane AL Pat Lane PL Jarvis Thomas JT Dianne Granger DG Josh Connolly JC</p>
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