



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

FITNESS CLASS CALENDAR*

MON TUES WED THURS FRI SAT SUN

<p>Inferno Hot Pilates <small>AL</small> 5:10 - 6:00am</p> <p>Full Body Workout <small>AL</small> 9:00 - 9:45am</p> <p>Flow Yoga <small>AL</small> 10:00 - 10:50 am</p> <p>Power Yoga (Hot)<small>AL</small> 5:15 - 6:05pm</p> <p>Inferno Hot Pilates <small>AL</small> 6:15 - 7:05pm</p>	<p>TBD Feb. 1** 5:10 - 6:00am</p> <p>Butts & Guts*** <small>PL</small> 8:00 - 8:45am</p> <p>Power Yoga (Hot)<small>AL</small> 9:00 - 9:50am</p> <p>TBD Feb. 1 5:30 - 6:20pm</p>	<p>Yoga Up <small>AL</small> 5:10 - 6:00am</p> <p>Full Body Workout <small>AL</small> 9:00 - 9:45am</p> <p>Flow Yoga <small>AL</small> 10:00 - 10:50 am</p> <p>Power Yoga (Hot)<small>AL</small> 5:15 - 6:05pm</p> <p>Inferno Hot Pilates <small>AL</small> 6:15 - 7:05pm</p>	<p>TBD Feb. 1** 5:10 - 6:00am</p> <p>Butts & Guts*** <small>PL</small> 8:00 - 8:45am</p> <p>Power Yoga (Hot)<small>AL</small> 9:00 - 9:50am</p> <p>TBD Feb. 1 5:30 - 6:20pm</p>	<p>Inferno Hot Pilates <small>AL</small> 5:10 - 6:00am</p> <p>Yoga Up/Pilates (Hot)<small>AL</small> 9:00 - 9:50am</p>	<p>Butts & Guts <small>PL</small> 7:00 - 7:45am</p> <p>Power Yoga (Hot)<small>AL</small> 9:15 - 10:05am</p>	<p>INSTRUCTORS: Amanda Lane AL Pat Lane PL Jarvis Thomas JT Josh Connolly JC</p> <p>*Effective Jan. 7 2019 **No class here in Jan. please try out power hour this month ***Restarts Feb 1st</p>
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