



**CLASS PRICING:**

**Member Rate:** \$40 | mo *Unlimited Classes + Gym*

**Non-Member Rates:**

**Drop-In Rate:** \$10 | Class

**Punch Card:** \$85 | 10 classes (*valid for 12 months*)

**All Memberships include 24/7 gym access & fitness classes**

**(563) 587 - 8052**

**Staff Hours:**

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

**Friday:** 5am - 5pm

**Saturday:** 6am - 2pm

# FITNESS CLASS CALENDAR

**MON                      TUES                      WED                      THURS                      FRI                      SAT                      SUN**

<p><b>Inferno Hot Pilates</b> <sup>AL</sup> 5:10 - 6:00am</p>	<p><b>Butts &amp; Guts</b> <sup>CF</sup> 6:00 - 6:45am</p> <p><b>Butts &amp; Guts</b> <sup>PL</sup> 8:00 - 8:45am</p> <p><b>Power Yoga</b> <sup>(Hot)AL</sup> 9:00 - 9:50am</p>	<p><b>Yoga Up</b> <sup>AL</sup> 5:10 - 6:00am</p> <p><b>Full Body Workout</b> <sup>AL</sup> 9:00 - 9:45am</p> <p><b>Flow Yoga</b> <sup>AL</sup> 10:00 - 10:50 am</p> <p><b>Power Yoga</b> <sup>(Hot)AL</sup> 5:15 - 6:05pm</p> <p><b>Inferno Hot Pilates</b> <sup>AL</sup> 6:15 - 7:05pm</p>	<p><b>Butts &amp; Guts</b> <sup>CF</sup> 6:00 - 6:45am</p> <p><b>Butts &amp; Guts</b> <sup>PL</sup> 8:00 - 8:45am</p> <p><b>Power Yoga</b> <sup>(Hot)AL</sup> 9:00 - 9:50am</p>	<p><b>Inferno Hot Pilates</b> <sup>AL</sup> 5:10 - 6:00am</p> <p><b>Arms &amp; Abs</b> <sup>AL</sup> 8:00 - 8:45am</p> <p><b>Yoga Up/Pilates</b> <sup>(Hot)AL</sup> 9:00 - 9:50am</p>	<p><b>Butts &amp; Guts</b> <sup>CF</sup> 7:00 - 7:45am</p> <p><b>Power Yoga</b> <sup>JH</sup> 8:10 - 9:00am</p> <p><b>Hot Pilates</b> <sup>(Hot)AL</sup> 9:15 - 10:05am</p>	<p><b>INSTRUCTORS:</b> Amanda Lane <b>AL</b> Pat Lane <b>PL</b> Jarvis Thomas <b>JT</b> Josh Connolly <b>JC</b> Janel Hickson <b>JH</b> Cassie Foley <b>CF</b></p>
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