



**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
<b>Inferno Hot Pilates</b> <sup>AL</sup> 5:10 - 6:00am  <b>Full Body Workout</b> <sup>AL</sup> 9:00 - 9:45am  <b>Flow Yoga</b> <sup>AL</sup> 10:00 - 10:50 am  <b>Power Yoga</b> (Hot) <sup>AL</sup> 5:15 - 6:05pm  <b>Inferno Hot Pilates</b> <sup>AL</sup> 6:15 - 7:05pm	<b>Full Body Workout</b> 5:10 - 5:55am  <b>Butts &amp; Guts</b> 8:00 - 8:45am  <b>Power Yoga</b> (Hot) <sup>AL</sup> 9:00 - 9:50am  <b>TBD</b> 5:30 - 6:20pm	<b>Yoga Up</b> <sup>AL</sup> 5:10 - 6:00am  <b>Full Body Workout</b> <sup>AL</sup> 9:00 - 9:45am  <b>Flow Yoga</b> <sup>AL</sup> 10:00 - 10:50 am  <b>Power Yoga</b> (Hot) <sup>AL</sup> 5:15 - 6:05pm  <b>Inferno Hot Pilates</b> <sup>AL</sup> 6:15 - 7:05pm	<b>Full Body Workout</b> 5:10 - 5:55am  <b>Butts &amp; Guts</b> 8:00 - 8:45am  <b>Power Yoga</b> (Hot) <sup>AL</sup> 9:00 - 9:50am  <b>TBD</b> 5:30 - 6:20pm	<b>Inferno Hot Pilates</b> <sup>AL</sup> 5:10 - 6:00am  <b>Yoga Up/Pilates</b> (Hot) <sup>AL</sup> 9:00 - 9:50am	<b>Butts &amp; Guts</b> <sup>PL</sup> 7:00 - 7:45am  <b>Power Yoga</b> (Hot) <sup>AL</sup> 9:15 - 10:05am	<p><b>INSTRUCTORS:</b> Amanda Lane <b>AL</b> Pat Lane <b>PL</b> Jarvis Thomas <b>JT</b> Josh Connolly <b>JC</b></p> <p>*Schedule starts February 4th, 2019</p>