



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>Inferno Hot Pilates ^{AL} 5:10 - 6:00am</p> <p>Full Body Workout ^{AL} 9:00 - 9:45am</p> <p>Flow Yoga ^{AL} 10:00 - 10:50 am</p> <p>Power Yoga (Hot)^{AL} 5:15 - 6:05pm</p> <p>Inferno Hot Pilates ^{AL} 6:15 - 7:05pm</p>	<p>Butts & Guts ^{CF} 5:30 - 6:15am</p> <p>Butts & Guts ^{PL} 8:00 - 8:45am</p> <p>Power Yoga (Hot)^{AL} 9:00 - 9:50am</p>	<p>Yoga Up ^{AL} 5:10 - 6:00am</p> <p>Full Body Workout ^{AL} 9:00 - 9:45am</p> <p>Flow Yoga ^{AL} 10:00 - 10:50 am</p> <p>Power Yoga (Hot)^{AL} 5:15 - 6:05pm</p> <p>Inferno Hot Pilates ^{AL} 6:15 - 7:05pm</p>	<p>Butts & Guts ^{CF} 5:30 - 6:15am</p> <p>Butts & Guts ^{PL} 8:00 - 8:45am</p> <p>Power Yoga (Hot)^{AL} 9:00 - 9:50am</p>	<p>Inferno Hot Pilates ^{AL} 5:10 - 6:00am</p> <p>Arms & Abs ^{AL} 8:00 - 8:45am</p> <p>Yoga Up/Pilates (Hot)^{AL} 9:00 - 9:50am</p>	<p>Butts & Guts ^{CF} 7:00 - 7:45am</p> <p>Power Yoga ^{JH} 8:10 - 9:00am</p> <p>Hot Pilates (Hot)^{AL} 9:15 - 10:05am</p>	<p>INSTRUCTORS: Amanda Lane AL Pat Lane PL Jarvis Thomas JT Josh Connolly JC Janel Hickson JH Cassie Foley CF</p>
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