

OBSTACLE INTERVAL FITNESS CENTER (OIFC)

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00am		HIIT Erin				HIIT Erin	
6:30am							
8:00am							BOOTCAMP Brynn
9:00am		*CYCLE* Julie			METABOLIC FIT Sherry	*CYCLE* Sandie	
9:15am							
10:00am		METABOLIC FIT Cait		*NEW TIME* *CYCLE* Julie			
11:00am							
5:00pm							
5:45pm					*NEW* 1/2 HOUR POWER TRX Nancy		
6:00pm							
6:30pm			*NEW* BOOTCAMP Cait				

Instructor subject to change



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MEMBERS MUST GET A NUMBER TO TAKE CLASS