





Fall in love with
taking care of
yourself

Mind. Body.
Spirit

GROUP FITNESS SCHEDULE – Effective Sept 10th, 2018

16910 SR 507 Yelm, WA 98597

(360) 400 - 4000

MORNING	Monday	Tuesday	Wednesday	Thursday	Friday	TIME	Saturday
9:00 AM	CARDIO CRUSH Christine	YOGA Christine	RESISTANCE EXPRESS Christine	REVOLUTION Christine	BUTTS & GUTS EXPRESS Christine	9:00 AM	MIXXEDFIT Ashley
9:30 AM					<i>Stretch It Out</i> EXPRESS Roxi		
EVENING	Monday	Tuesday	Wednesday	Thursday	Friday	<p>“Like” us on Facebook for class schedule updates:</p> <p></p> <p>https://www.facebook.com/GetFitYelm</p> <hr/> <p>For updated schedules and class descriptions please visit us on our website:</p> <p></p> <p>www.getfityelm.com</p>	
6:00PM		TRIFECTA Jamie	<i>Kick Boxing</i>  Zac	COMBO Ashley			

CLASSES ARE 1 HOUR
EXPRESS CLASSES ARE 30 MINUTES