






Fall in love with taking care of yourself; Mind, Body, & Spirit

# GROUP FITNESS SCHEDULE – Effective January 13<sup>th</sup>, 2020

16910 SR 507 Yelm, WA 98597  
(360) 400 – 4000

**Classes are 1 hour**  
**Express Classes are 30 minutes**

| MORNING | Monday                           | Tuesday  | Wednesday   | Thursday                       | Friday  | TIME   | Saturday |
|---------|----------------------------------|--|---|--------------------------------|---|--|----------|
| 9:00 AM | <b>CARDIO CRUSH</b><br>Christine | <b>YOGA</b><br>Christine                         |   | <b>REVOLUTION</b><br>Christine | <b>BUTTS &amp; GUTS</b><br>EXPRESS<br>Christine | “Like” us on Facebook for class schedule updates:<br><br><a href="https://www.facebook.com/GetFitYelm">https://www.facebook.com/GetFitYelm</a>          |          |
| 9:30 AM |                                  |  | <b>RESISTANCE</b><br>Christine  |                                | <i>Stretch It Out</i><br>EXPRESS<br>Roxi        |  |          |
| EVENING | Monday                           | Tuesday  | Wednesday   | Thursday                       | Friday  | For updated schedules and class descriptions please visit us on our website:<br><br><br><br><a href="http://www.getfityelm.com">www.getfityelm.com</a> |          |
| 5:30 PM |                                  | <b>CARDIO &amp; CORE</b><br>EXPRESS<br>Christine |   |                                |   |  |          |
| 6:00 PM |                                  |  | <br>Kassandra |                                |   |  |          |