

PLAN
MOTIVATE
EMPOWER

GROUP FITNESS SCHEDULE – Effective March 1st, 2018

16910 SR 507 Yelm, WA 98597

(360) 400 - 4000

MORNING	Monday	Tuesday	Wednesday	Thursday	Friday	TIME	Saturday
9:30 AM	CARDIO CRUSH Christine	YOGA Christine	HIIT Samantha	REVOLUTION Christine	<i>Tone</i> DANCE FITNESS Samantha	8:00 AM	RIPPED Megan
10:30 AM				<i>Stretch It Out</i> EXPRESS Roxi		9:05 AM	MIXXEDFIT Samantha
EVENING	Monday	Tuesday	Wednesday	Thursday	Friday	"Like" us on Facebook for class schedule updates:  www.Facebook.com/YelmFitStop24	
6:00 PM	HIIT Samantha					For updated schedules and class descriptions please visit us on our website:  WWW.FITSTOP24.COM	
CLASSES ARE 1 HOUR EXPRESS CLASSES ARE 30 MINUTES							