



PLAN
MOTIVATE
EMPOWER

GROUP FITNESS SCHEDULE – Effective January 16, 2017

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

MORNING	Monday	Tuesday	Wednesday	Thursday	Friday	TIME	Saturday
9:30 AM	Ashley	Christine		Christine	Ashley	8:00 AM	Megan
10:30 AM			Ashley	Roxi		9:00 AM	Ashley
EVENING	Monday	Tuesday	Wednesday	Thursday	Friday	<p>Classes are 1 Hour Express Classes are 30 Minutes</p> <hr/> <p>“Like” us on Facebook for class schedule updates: www.Facebook.com/YelmFitStop24</p> <hr/> <p>For updated schedules and class descriptions please visit us on our website: WWW.FITSTOP24.COM</p>	
4:15 PM	Christine						
6:00 PM	Megan	Ashley	Zac				