





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

GROUP FITNESS SCHEDULE – Effective April 8, 2019

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

CLASSES ARE 1 HOUR
EXPRESS CLASSES ARE 30 MINUTES