



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



GROUP FITNESS SCHEDULE – Effective June 15th, 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 | CARDIO CRUSH Christine | YOGA Christine | RESISTANCE Christine | REVOLUTION Christine | BUTTS & GUTS EXPRESS Christine | “Like” us on Facebook for class schedule updates:  https://www.facebook.com/GetFitYelm | |
| 9:30 AM | | | | | | | |
| EVENING | M | | | | Friday | For updated schedules and class descriptions please visit us on our website:  www.getfityelm.com | |
| 5:30 PM | | | | | | | |
| 6:00 PM | | | | | | | |

**TEMPORARY
COVID19 - PHASE 3
CLASS SCHEDULE**