



EMPOWERED FITBODY

GROUP TRAINING SCHEDULE

MON	TUE	WED	THU	FRI
6AM	6AM	6AM	6AM	6AM
9AM	9AM	9AM	9AM	9AM
4:30PM	4:30PM	4:30PM	4:30PM	4:30PM
5:30PM	5:30PM	5:30PM	5:30PM	5:30PM
6:30PM		6:30PM		

PLEASE NOTE:

CLASSES MAY BE SUBJECT TO CHANGE or be cancelled due to inclement weather and/or reduced participation. We will always give ample notice so you can plan accordingly. The gym is also closed for one week in April, July & December.

So we can ensure each clients' results are maximized, classes are limited in size & scheduled on a FIRST-COME, FIRST-SERVED basis.

CLASSES BEGIN PROMPTLY at the scheduled time (we mean business!). If you are more than 10 minutes late for a class, for your safety, we will ask you to warm up separately before starting the workout. Please contact us at least one hour prior if you anticipate being late. And, contact us at least 24 hours in advance if you're not able to make a session you've signed up for.

Our gym is YOUR gym so please respect it, the facilities and the equipment. We ask that you bring an "inside" pair of sneakers for your workout to prevent outdoor contaminants and sediments from damaging the flooring. Thank you.