

# CLARE FAMILY FITNESS :: GROUP EXERCISE CLASSES

TIME	LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00 AM	TURF ROOM			THE GRIND		THE GRIND	
7:00 AM	TURF ROOM	CYCLE CIRCUIT				CYCLE CIRCUIT	
8:15 AM	TURF ROOM	PSYCHO FIT	AMP BOXING	PSYCHO FIT	AMP SPINNING	PSYCHO FIT	KETTLEBELLS: 8 AM
9:00 AM	YOGA ROOM	HATHA YOGA		HATHA YOGA		HATHA YOGA	
10:15 AM	YOGA ROOM			MOBILITY YOGA (STARTING 3/10)			
10:00 AM	CAVE/YOGA ROOM		TAIJIFIT		TAIJIFIT		
10:00 AM	CAVE	KICKSTART		KICKSTART		KICKSTART	
10:00 AM	TURF ROOM						KUNG FU :: LEVEL 1
11:00 AM	TURF ROOM						KUNG FU :: LEVEL 2
12:30 PM	YOGA ROOM	LUNCH CRUNCH		LUNCH CRUNCH		LUNCH CRUNCH	
5:00 PM	TURF ROOM	HIIT	RESERVED	HIIT	HIIT		
5:00 PM	CAVE		CARDIO BOXING			STEP AEROBICS	
6:00 PM	CAVE	STEP AEROBICS		STEP AEROBICS			

## CLASS RATES

MEMBERS

\$5 DROP-IN  
12-PUNCH \$48  
MONTHLY UNLIMITED \$30  
ANNUAL UNLIMITED \$300

NON-MEMBERS

\$7 DROP-IN  
12-PUNCH \$60  
MONTHLY UNLIMITED \$50  
ANNUAL UNLIMITED \$500

LUNCH CRUNCH :: DROP-IN \$5  
KIDZ CLASS :: DROP - IN \$7

NEW!	YOGA
FREE TO MEMBERS	KIDZ CLASS

FOLLOW US ON FACEBOOK  
CLAREFAMILYFITNESS.COM  
MARCH 2021