

Group Exercise Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:15AM Instructor	Driven Traci Turner		Driven Traci Turner		Driven Traci Turner
6:00AM Instructor		TRX Training Leigh Ann Medley		TRX Training Leigh Ann Medley	
7:45AM Instructor		TRX Training Leigh Ann Medley		TRX Training Leigh Ann Medley	
8:45AM Instructor	Driven Traci Turner	Driven Michelle Day	Driven Michelle Day	Driven Michelle Day	Driven Traci Turner
9:30AM Instructor	Low Impact Fitness Michelle Day		Low Impact Fitness Michelle Day		
10:15AM Instructor	Stretch & Flow Michelle Day		Stretch & Flow Michelle Day		
5:30PM Instructor		Driven Kharja Teed		Driven Kharja Teed	
High Intensity Training sessions available at select times. Inquire at front desk for times and fees.					

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