

February - Group Personal Training Clinics

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
		1 9am Hilary – FIT GROUP 10am Cheryl – Specialty (no sit ups)	2 8am Amanda – FIT GROUP 4:30pm Amanda -FIT GROUP	3 930am Amanda – FIT GROUP	4	5
6 9:30am Stephanie – FIT GROUP	7 8am Amanda – FIT GROUP 9:30am Stephanie – FIT GROUP	8 9am Hilary – FIT GROUP 10am Cheryl – Specialty (no sit ups)	9 8am Amanda – FIT GROUP 4:30pm Amanda -FIT GROUP	10 930am Amanda – FIT GROUP	11	12
13 9:30am Stephanie – FIT GROUP	14 8am Amanda – FIT GROUP 9:30am Stephanie – FIT GROUP 4:30pm Joanne - FIT GROUP	15 9am Hilary – FIT GROUP 10am Cheryl – Specialty (no sit ups)	16 8am Amanda – FIT GROUP 4:30pm Amanda- FIT GROUP	17 930am Amanda – FIT GROUP	18	19
20 9:30am Stephanie – FIT GROUP	21 8am Amanda – FIT GROUP 9:30am Stephanie – FIT GROUP 4:30pm Joanne - FIT GROUP	22 9am Hilary – FIT GROUP 10am Cheryl – Specialty (no sit ups)	23 8am Amanda – FIT GROUP 4:30pm Amanda- FIT GROUP	24 930am Amanda – FIT GROUP	25	26
27 9:30am Stephanie – FIT GROUP	28 8am Amanda – FIT GROUP 9:30am Stephanie – FIT GROUP 4:30pm Joanne - FIT GROUP	29	<i>Unlimited EFT, punch cards and daily drop in rates available at front desk !</i>	<i>Please Sign Up In advance, SPACE IS LIMITED</i>		