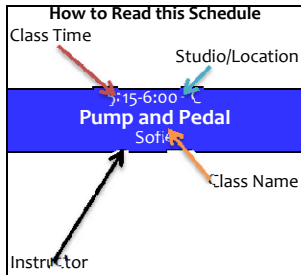




304-696-4732
402 Thundering Herd Dr.
Huntington, WV 25755

Group Fitness Members Only - FREE
Group Fitness Free to members. Rates apply to Non-Members or to reserve a spot.
Instructional Programs Rates apply - see back for details
Silver Sneakers FREE - Members Only

*Registration required at
Welcome Desk



Schedule subject to change without notice.

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or visit the welcome desk for
details.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
6AM			6:15-7:00 - C Spin-45* Steph V.		6:15-7:00 - C Spin-45* Steph V.	
7AM	7:00-8:00-2nd FL Tough Mudder Prep* Chris L.					
8AM	8-9:00-Pool Aqua Fitness Emily M.	8:00-9:00 - B Total Body Conditioning* Mary W.		8:00-9:00 - B Total Body Conditioning* Mary W.	8:00-9:00 - Pool Aqua Fitness Emily M.	
9AM	9:00-10:00 - A PurENRG* Mary W.		9-10:00 - Pool Aqua Fitness Mary W.		9:00-10:00 - A PurENRG* Mary W.	
10AM		10:00-11:00 - B Aerobic Fitness* Mary W.		10:00-11:00 - B Aerobic Fitness* Mary W.		
11AM		11-12:00pm - A Silver Sneakers MSROM Emily M.	11:15-11:45 - B Meditation Gina H.	11-12:00pm - A Silver Sneakers MSROM Emily M.		
12PM	12:00-1:00 - B Intro to Yoga* Gina H.	12:15-12:45 - 2nd FL C.U.T.* Chris L./R. Sofie	12:00-1:00 - B Intro to Yoga* Gina H.	12:15-12:45 - 2nd FL C.U.T.* Chris L./R. Sofie	12:15-12:45 - 2nd FL C.U.T.* Chris L./R. Sofie	
	12:15-12:45- 2nd FL C.U.T.* Chris L./R. Sofie		12:15-12:45- 2nd FL C.U.T.* Chris L./R. Sofie			
2PM			2:00-3:30 - Conf Room PT Certification Prep* Heather S.			
4PM			4:30-5:15 - A Body Sculpt Heather S.			Sunday 4:00-5:00 - C Spin - 60* Clyde M.
5PM	5:15-5:45 - 2nd FL C.U.T.* Chris L./R. Sofie	5:15-5:45 - 2nd FL C.U.T.* Mary W.	5:15-5:45 - 2nd FL C.U.T.* Chris L./R. Sofie	5:15-5:45 - 2nd FL C.U.T.* Mary W.		
				5:00-6:00-2nd FL Tough Mudder Prep* Clyde M.		
6pm	5:15-6:00 - A BOSU Sculpt Laurie B.	5:30-6:30 - B Parent/Child Yoga* Gina H.S.	5:30-6:00 - C Beginner Spin Erin S.	5:15-5:45 - C Express Spin Laurie B.		
	6:00-6:45 - C Spin-45 Scott H.	5:45-6:30pm - A Cardio Circuit Emily M.	6:00-7:00 - A Zumba* Jordyn R.	5:30-6:15 - A Burn and Firm Abe K.		
	6:00-7:00 - B Zumba* Emily M.	6:30-7:30pm - C Spinning IP* Erin S.	6:00-7:00 - B Yoga Flow* Norrie P.	6:30-7:30 - B Intro to Yoga Elaine D.		
	6:00-7:00 - Pool Adult Swim* Steph V.			6:30-7:30pm - C Spinning IP* Rachel C.		
7PM	6:00-7:00 - 2nd FL Iron Women* Amanda M.					
	6:30-7:15 - A Butts and Guts Kelli M.	7:30-8:30pm-D Break Dance 101* Alaya M.		7:30-8:30pm-D Break Dance Intermediate* Alaya M.		
	7:00-8:00 - B Beginning Belly Dance* Michelle R.	6:30-7:30 - B Fit Tease* Rachel S.	7:00-8:00 - C Cross Spin* Steph V.	6:30-7:15 - A Burn and Firm Kelli M.		
	7:15-8:00 - A Cardio Kick Kelli M.	7:00-7:45 - A Step/BOSU Kathleen B.		7:15-8:00 - A Butts & Guts Kelli M.		
	7:00-8:00 - D Beg. Brazilian Jiu-Jitsu* Benji P.	6:30-7:30 - 3rd FL The Extra Mile - 5k* Erin H.		7:00-8:00 - 3rd FL The Extra Mile - 5k* Erin H.		
8PM		8:00-9:00 - A Zumba* Jordyn R.				

Class	Days	Dates	Member	Non-Member
Aqua Fitness	Mon/Fri	January 9th-April 27th	Free	N/A
Beginner Spin	Wednesday	January 9th-April 27th	Free	N/A
Body Sculpt	Wednesday	January 9th-April 27th	Free	N/A
BOSU Sculpt	Monday	January 9th-April 27th	Free	N/A
Burn and Firm	Wednesday	January 9th-April 27th	Free	N/A
Butts and Guts	Monday	January 9th-April 27th	Free	N/A
Butts and Guts	Thursday	January 9th-April 27th	Free	N/A
Cardio Circuit	Tuesday	January 9th-April 27th	Free	N/A
Cardio Kick	Monday	January 9th-April 27th	Free	N/A
Express Spin	Thursday	January 9th-April 27th	Free	N/A
Intro to Yoga	Thursday	January 9th-April 27th	Free	N/A
Meditation	Wednesday	January 9th-April 27th	Free	N/A
Spin - 45	Monday	January 9th-April 27th	Free	N/A
Step/BOSU	Tuesday	January 9th-April 27th	Free	N/A
Aerobic Fitness	Tue/Thur	Jan 10-Feb 28, Mar 1-Apr 26th	\$40	\$65
Adult Swim	Monday	Jan 16-Feb 13, Feb 20-Mar 19, Mar 26-Apr 23rd	\$19	\$39
Beg. Belly Dance	Monday	Jan 23-Mar 5, Mar 12-Apr 23rd	\$29	\$49
Beg. Brazilian Jiu-Jitsu	Monday	Jan 23-Feb 20, Feb 27-Mar 26, Apr 2-30th	\$25	\$38
Break Dance 101	Tuesday	Jan 31-Mar 6th	\$28	\$48
Break Dance Intermediate	Thursday	Feb 9-Mar 15th	\$28	\$48
C.U.T.	Mon/Wed	Jan 2-30, Feb 1-29, Mar 5-28, Apr 2-30, May 2-30th	\$20	\$35
C.U.T.	Tue/Thur/Fri	Jan 3-31, Feb 2-28, Mar 1-30, Apr 3-27, May 1-31st	\$30	\$50
C.U.T.	Tue/Thur	Jan 3-31, Feb 2-28, Mar 1-29, Apr 3-26, May 1-31st	\$20	\$35
C.U.T.	Mon/Tues/Wed/Thurs/Fri	Jan 2-31, Feb 1-29, Mar 1-30, Apr 2-30, May 1-31st	\$50	\$85
The Extra Mile 5k	Tuesday	Jan 10-Feb 28th	\$20	\$30
The Extra Mile 5k	Thursday	Jan 12-Mar 1st	\$20	\$30
Fit Tease	Tuesday	Jan 24, Feb 7, more dates TBA	\$5	\$15
Intro to Yoga	Mon/Wed	Jan 9-Feb 29, Mar 5-Apr 25th	\$25	\$69
Iron Women	Mon	Jan 16-Feb 6, Feb 13-Mar 5, Mar 12-Apr 2nd	\$10	\$20
Parent Child Yoga	Tuesday	Jan 17-Feb 21, Mar 6-Apr 10th	\$25	\$39
PT Cert Prep	Wednesday	Jan 25-Mar 7th	\$45	\$65
PurENRG	Mon/Fri	Jan 2-30, Feb 3-27, Apr 2-30, May 4-28th	\$30	\$50
Spinning IP	Tue/Thur	Jan 10-Mar 1, Mar 6-Apr 26th	\$20	\$35
Total Body Conditioning	Tue/Thur	Jan 10-Feb 28, Mar 1-Apr 26th	\$40	\$65
Tough Mudder Prep	Monday	Jan 16-Feb 20, Feb 27th-Apr 2, Apr 9-May 14th	\$24	\$48
Tough Mudder Prep	Thursday	Jan 19-Feb 23rd, Mar 1-April 5th	\$24	\$48
Yoga Body Burn	TBA	TBA	\$8	\$15
Zumba	Monday	Jan 9-Feb 27, Mar 5-Apr 23rd	\$8	\$24
Zumba	Tuesday	Jan 10-Feb 28, Mar 6-Apr 24th	\$8	\$24
Zumba	Wednesday	Jan 11-Feb 29, Mar 7-Apr 25th	\$8	\$24
Cross Spin	Wednesday	Jan 11- Feb 29, Mar 7 - April 25th	Free	\$20
Spin - 45	Wed/Fri	Jan 11-Mar 2, Mar 7-Apr 27th	Free	\$35
Spin - 60	Sunday	Jan 15-Feb 12, Feb 19-Mar 25, Apr 1-29th	Free	\$20
Yoga Flow	Wednesday	Jan 11-Feb 1, Feb 8-29, Mar 7-28, Apr 4-25th	Free	\$29
Silver Sneakers MSROM	Tue/Thur	January 9th-April 27th	Free	N/A

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