

Bentwood FITNESS GROUP CLASS SCHEDULE

(Tentative Schedule as of 9/15/16, subject to change)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 am Bootcamp	5:30am Strength/Yoga	5:30am Bootcamp	5:30am Step/Yoga	5:30am Bootcamp	9:00am Yoga	1:00 Yoga
9:00am Yoga	9:00am Step/TRX	9:00 Yoga	9:00am Piloxing	9:00am Yoga	10:00 Abs & Glutes	2:00 Cardio Strength
11:00am Senior Fit		11:00am Senior Fit		11:00am Senior Fit		3:00 Step, Abs & Glutes
12:00pm Cardio Strength	12:00pm Combat Kickbox	12:00pm Cardio Strength	12:00pm Combat Kickbox	12:00pm Cardio Strength		
4:25pm Youth Sports Camp	4:00pm Kids Yoga	4:25pm Youth Sports Camp				
5:30pm Bootcamp	5:30 Abs & Glutes	5:30pm Bootcamp	5:30pm Abs & Glutes	5:30pm Bootcamp		
6:30pm Yoga	6:00 Bootcamp	6:30pm Yoga	6:00pm Bootcamp			

Group Class Prices

Member Rate

Non Member Rate

Single Class	1 class	\$3.00	
Punch Card	15 classes	\$37.50	
Punch Card	30 classes	\$60.00	
Youth Sports Camp	1 class/wk 2 class/wk	\$20.00 / \$30.00	\$35.00
Bootcamp	6 week 3 x per week	\$125.00	\$145.00
Bootcamp	6 week 2 x per week	\$100.00	\$120.00

*Bootcamp will include body fat measurement and nutritional guidance.

Fitness Center Hours of Operation

Mon.-Thurs. 5:30am-9:00pm

Fri. 5:30am-8:00pm

Sat. 7:00am-7:00pm

Sun. 11:00am-5:00pm

Gym Etiquette Class (15 minute informational) - Free

Sat. Oct 1 8:45am, 10:45 am

Sun. Oct 2 12:30pm, 4:00pm

Mondays in Oct 10am, 6:30pm

Sundays in Oct 12:30pm, 4:00pm