

| Time  | Monday                         | Tuesday      | Wednesday                      | Thursday     | Friday                         | Saturday          |
|---|--------------------------------|--------------|--------------------------------|--------------|--------------------------------|-------------------|
| <b>9:15</b>                                       | 2-3-4                          |              | 1+/2-3-4                       | 1-1+         | 3-4                            | 1-1+              |
| <b>10:45</b>                                      | 1-1+<br>Abdo-Trunk<br>Postural | 1-1+         | OPEN<br>Stretch, Abs &<br>Back | SBC<br>(1hr) | OPEN<br>Stretch, Abs &<br>Back | 2-3-4             |
| <b>12:15</b>                                      |                                | SBC<br>(1hr) |                                |              |                                | SBC / L1<br>(1hr) |
| Private classes and evaluation sessions available |                                |              |                                |              |                                |                   |
| <b>5:00</b>                                       |                                |              |                                |              |                                |                   |
| <b>5:30</b>                                       | OPEN<br>1-4                    | OPEN<br>1-4  |                                | OPEN<br>1-4  |                                |                   |
| <b>6:00</b>                                       |                                |              | OPEN<br>1-4                    |              |                                |                   |
| <b>6:30</b>                                       |                                |              |                                |              |                                |                   |

## 1. **SIGN UP** to receive class UPDATES & news

Make sure to sign up so you get notifications about closures, special classes, etc.

Go to [fitnesstable.com](http://fitnesstable.com), click "get updates" in the menu, and enter your info. Watch your inbox for a confirmation email and click the confirmation link inside. *(If you don't see it, check your junk mail folder)*

## 2. **GET OUR APP** to RESERVE your spot in class

Some classes are filling up - be sure to sign into your class in advance with our new app.

Grab the app links on our website. Go to [fitnesstable.com](http://fitnesstable.com), click on "schedule" in the menu, and grab the app for your iPhone or android. *Use the app and you don't need to use your key tag to sign into class.*

Classes are 60 – 75 minutes. **Please reserve your spot with the app OR swipe in when you enter.** An evaluation is required prior to starting classes. Please call 403-245-9009 for an appointment. Information & evaluation session \$99 (gst is not included in prices). \*Schedule subject to change without notice. There will be a \$50 administration fee for contract cancellation, prior to start date. No refunds after first class. **Please note: 24 hour notice required for cancellation of private sessions or will be charged in full.**