

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+ Abdo-Trunk Postural	1-1+	OPEN Stretch, Abs & Back	SBC (1hr)	OPEN Stretch, Abs & Back	2-3-4
<b>12:15</b>		SBC (1hr)				SBC / L1 (1hr)
Private classes and evaluation sessions available						
<b>5:00</b>						
<b>5:30</b>	OPEN 1-4	OPEN 1-4		OPEN 1-4		
<b>6:00</b>						
<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.**