

Group Training Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
6:00 AM			6-7 AM GT Performance With Tom Alcivar	6:00-7:00 AM Inferno With Evan Fuhs	
8:30 AM	8:30-9am XGT with Nick		8:30-9am XGT with Evan Fuhs		8:30-9am XGT with Evan Fuhs
9:40 AM	9:40-10:10am XGT with Evan		9:40-10:10am XGT with Evan Fuhs	10-11 AM GT Platinum With Tom Alcivar	
10:00 AM			10-11 AM GT Performance With Tom Alcivar		
6:30 PM				6:30-7:30 PM GT Performance With Tom Alcivar	



Pricing: Regular Group Training: Member \$22.50 X number of sessions in the month Non-Member \$30.00 X number of sessions in the month

Express Group Training: Member \$13.00 X number of sessions in the month. Non-Member \$18.00 X number of sessions in the month.

* Groups are made of 3-6 people. Private Groups: See the trainer you would like to work with or contact the Fitness Director at 952-381-3406

*Sessions do not carry over from one month to another. Please see the Fitness Director if you have questions.

*If you are unable to attend a session you will need to make arrangements with the Fitness Director to attend another group.

Boot Camp Schedule (Begins March 1, 2010)

	Monday	Tuesday	Wednesday	Thursday	Friday
6:15 PM	6:15-7:15PM BOOT CAMP with Jennifer Wetteland		6:15-7:15PM BOOT CAMP with Jennifer Wetteland		

Pricing: Drop-In \$12 Member and \$14 Non-Members. Pre-Registration is mandatory through the Fitness Director 952-281-3406 or naltringer@sabesjcc.org
February \$80 Member/ \$104 Non-Member for 8 classes

BOOT CAMP DEMO WEDNESDAY FEBRUARY 24 , 2010 PLEASE RSVP

