

GROUP X ZONE

Sept. 7 - Oct. 18th



www.cantonclub24.com 410.276.5544

2780-d lighthouse point east

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	BOOTCAMP (NANCY) 5:30 AM	YOGA (VANESSA) 7:00 AM			FLEX (KRISTY) 8:00 AM	
FUSION FLEX (ANGIE) 9:00 AM	PILATES (CECILIA) 8:00 AM	FLEX (MELISSA) 9:00 AM	BARRE FUSION (CECILIA) 8:00 AM	FLEX (ANGIE) 9:00 AM	Heavy Bag Bootcamp (JACKI) 9:00 AM <i>Not for beginners</i>	
	ZUMBA (ANDY) 5:00 PM	FUSION FLEX (JACKI) 5:15 PM	FLEX (JACKI) 5:30 PM	CARDIO FLEX (KRISTY) 5:30 PM		BOOTCAMP (PATRICK) 11:30 AM <i>Not for beginners</i>
STEP, JUMP & PUMP (KRISTY) 6:00 PM	CARDIO FLEX & ABS (PATRICK) 6:00 PM	HEAVY BAGS (KRISTY) 6:00 PM	EXTREME CARDIOFLEX (JACKI) 6:30 PM <i>Not for beginners</i>			
HEAVY BAGS (KRISTY) 7:00 PM		BUTTS, GUTS & CARDIO (ANGIE) 7:00 PM				

GROUP TRAINING ZONE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Starts September 21st	FitWall Circuit 5:30 - 6:30 AM (ANGIE)	FitWall 6:00 AM (BECKY)	FitWall Circuit 5:30 - 6:30 AM (ANGIE)	Starts September 18th	FitWall Circuit 10:00 AM (ANGIE)	FitWall 9:00 AM (PATRICK)
	FitWall Circuit 6:30 - 7:30 AM (ANGIE)		FitWall Circuit 6:30 - 7:30 AM (ANGIE)		TRX 10:00 AM (KRISTY)	AIR YOGA (CECILIA) 10:15 AM
	FitWall 7:30 AM (ANGIE)				AIR YOGA (CECILIA) 11:15 AM	
FitWall 12:30 PM (JACKI)		TRX 12:15 PM (FRANK)				
AIR YOGA (CECILIA) 5:00 PM			FitWall 5:00 PM (JACKI)	<p>4 Week FitWall Circuit FitWall circuit runs in 4 week blocks. Participants receive two group trainings per week, Tuesday and Thursday mornings. \$75 for members and \$95 for non members New in September: Saturday only FitWall Circuit for only \$35</p> <p>FitWall, TRX & AirYoga Pricing \$10 per session or \$45 for 5 session</p> <p>Cutting Edge Membership Upgrade your current membership to \$99/month and enjoy unlimited FitWall, TRX and AirYoga sessions</p> <p>Premium Training Members Enjoy all group trainings for FREE!</p>		
TRX 6:00 PM (ANGIE)	TRX 6:00 PM (JACKI)	TRX 6:00 PM (ANGIE)				
	FitWall 7:00 PM (KRISTY)		AIR YOGA (CECILIA) 7:45 PM			