

February GROUP FITNESS



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Progressive Intensity Sergio 5:45AM & 6:45AM	HIIT Strong Mhardi 5:30AM	Progressive Intensity Sergio 5:45AM & 6:45AM	HIIT Strong Mhardi 5:30AM	Progressive Intensity Sergio 5:45AM & 6:45AM	
	Cycling Chriss 7:00AM		Cycling Chriss 7:00AM		
Gentle Flow Yoga Debbi 8:30AM		Gentle Flow Yoga Debbi 8:30AM	DanceFit Debbi 8:15AM	Pilates Connie 8:30AM	Cycling Sergio 8:15AM
T.N.T. (Outdoors) Ellen 9:30AM	Unhitched Amy 9:30AM	Tai Chi (Outdoors) Ellen 9:30AM	Unhitched Amy 9:30AM	Barre Pilates (Outdoors) Ellen 9:30AM	
Cardio Barre 10:30AM Debbi	Yoga Burn Amy 10:30AM		Yoga Burn Amy 10:30AM	Gentle Flow Yoga Sydney 1030AM	
			Ageless Strength Ann Marie 3:30PM		
Mat Pilates Lisa 6:00PM		Mat Pilates Lisa 6:00PM	Gentle Flow Yoga Ann Marie 5:00PM		

GX FEES!

Semi Annual (6mo. unlimited): Opt in January 1st or July 1st - \$175

Monthly Unlimited Classes: Opt in the 1st of any month - \$35

Daily Individual Classes - \$6 per class

Non-Member Guest Fee - \$8 per class

Please contact Ellen Crook with any questions or concerns: ellen.crook@sjccjax.com