

# March GROUP FITNESS



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Progressive Intensity Sergio</b> 5:45AM & 6:35AM	<b>HIIT Strong Mhardy</b> 5:30AM	<b>Progressive Intensity Sergio</b> 5:45AM & 6:35AM	<b>HIIT Strong Mhardy</b> 5:30AM	<b>Progressive Intensity Sergio</b> 5:45AM & 6:35AM	
	<b>Cycling Chriss</b> 7:00AM		<b>Cycling Chriss</b> 7:00AM		
<b>Gentle Flow Yoga Debbi</b> 8:30AM		<b>Gentle Flow Yoga Debbi</b> 8:30AM	<b>DanceFit Debbi</b> 8:15AM	<b>Pilates Connie</b> 8:30AM	<b>Cycling Sergio</b> 8:15AM
<b>T.N.T. (Outdoors) Ellen</b> 9:30AM	<b>Unhitched Amy</b> 9:30AM	<b>Tai Chi (Outdoors) Ellen</b> 9:30AM	<b>Unhitched Amy</b> 9:30AM	<b>Barre Pilates (Outdoors) Ellen</b> 9:30AM	<b>Gentle Yoga Pankti</b> 9:30AM
<b>Cardio Barre Debbi</b> 10:30AM	<b>Yoga Burn Amy</b> 10:30AM		<b>Yoga Burn Amy</b> 10:30AM	<b>Gentle Flow Yoga Sydney</b> 1030AM	
			<b>Ageless Strength Ann Marie</b> 3:30PM		
<b>Mat Pilates Lisa</b> 6:00PM		<b>Mat Pilates Lisa</b> 6:00PM	<b>Gentle Flow Yoga Ann Marie</b> 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](mailto:ellen.crook@sjccjax.com)