

# June GROUP FITNESS



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Progressive Intensity Sergio</b> 5:45AM & 6:35AM	<b>HIIT Strong Mhardy</b> 5:45AM	<b>Progressive Intensity Sergio</b> 5:45AM & 6:35AM	<b>HIIT Strong Mhardy</b> 5:45AM	<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> 8:30AM	<b>Pilates Connie</b> 8:30AM	<b>Cycling Sergio</b> 8:15AM
<b>T.N.T. Ellen</b> 9:30AM	<b>Unhitched Amy</b> 9:30AM	<b>Tai Chi Ellen</b> 9:30AM	<b>Unhitched Amy</b> 9:30AM	<b>Barre Pilates Ellen</b> 9:30AM	<b>Gentle Yoga Ann Marie</b> 9:30AM
<b>Cardio Barre Debbi</b> 10:30AM	<b>Zen Flow Yoga Amy</b> 10:30AM	<b>Aqua Aerobics Chriss</b> 10:30AM	<b>Zen Flow Yoga Amy</b> 10:30AM	<b>Gentle Flow Yoga Sydney</b> 1030AM <b>Aqua Aerobics Chriss</b> 10:30	
			<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 - \$10 per class**

Please contact Ellen Crook with any questions or concerns: [ellen.crook@sjccjax.com](mailto:ellen.crook@sjccjax.com)