

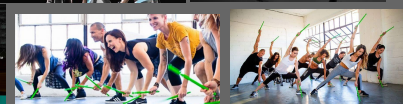


Group Exercise Winter Schedule

December 2018 - February 2019



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 AM		HIIT 5:15-6am	Bodyump Express 5:15-6am	RPM 5:15-6am	Bodyump Express 5:15-6am	Core de Force 5:15-6am	
6:00 AM			TRX 6-6: 45am		RPM 6-6:50am		
8:00 AM							Bodyump 8-9am
8:45 AM			CXWorx 8:45-9:15am			RPM 8:45-9:35am	
9:00 AM		Bodyump 9-10am		Yoga for All 9-10am	Yoga Body Bootcamp 9-10am		
9:15 AM			RPM 9:20-10:10am				Morning Yoga 9:15-10:20am
9:35 AM						Bodyump Express 9:35-10:20am	
10:30 AM							Meditation 10:30-11am
4:00 PM	Rotation - Check Mindbody 4:00 pm						
4:15 PM		Yoga Basics 4:15-5:20pm					
4:30 PM			Bodyump 4:30-5:30pm	Zumba 4:30-5:15pm			
4:45 PM		CXWorx** 4:45-5:15pm			Yogalates 4:40-5:25pm		
5:30 PM		RPM 5:30-6:20pm	Zumba 5:30-6:15pm	Bodyump 5:30-6:30pm	Zumba 5:30-6:15pm	Zumba 5:30-6:15pm	
			PIYo** 5:30-6:15pm				
6:30 PM		Bodyump 6:30-7:30pm	Pound Express 6:30-7:00pm	Pound 6:30-7:15pm	Bodyump/CXWorx Combo 6:30-7:30pm		



** Fitness Studio B (across from fitness studio)

Little Adventures Drop in Childcare

Children 6 weeks - 7 years
 1 Time Drop in -\$5
 20- 1/2hour punches -\$20
 50- 1/2hour punches -\$40
 Unlimited - as many kids in family under 7
 1 Month -\$25, 3 Months -\$60, 6 Months -\$110
 12 Months -\$200
 Childcare Hours available on Mindbody



Class Prices

1 Week Unlimited \$0 -New members only
 Walk In -\$7
 10 Class Punch -\$50
 20 Class Punch -\$90
 Unlimited 1 month -\$45
 Unlimited 3 months -\$120
 Unlimited 6 months -\$210
 Unlimited 12 months -\$384



Classes and childcare are available for purchase on Mindbody app/website or Greenheck front desk

FREE Les Mills Launch Classes-New Choreography and Music Released!

Weather or instructor illness leading to a canceled class will be posted on Facebook group "Greenheck Fieldhouse Group Exercise" and Mindbody

New Class Time 6:00 AM Thursday's starting January 10th and Tuesday's Starting February 5th

Drop in Childcare is HIRING!!
 Please contact Jacque Jakubek
 Everest Adventure Care School Age/Camp Coordinator
 DC Everest School District

