



Group Fitness Schedule Begins January 7th, 2019

Day/Time:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am - 6:50am	Strength Circuit Trainer: Cam	Cardio Circuit Trainer: Justin	Strength Circuit Trainer: Anne	Cardio Circuit Trainer: Justin	Muscular Reset Workshop Trainer: Justin	
7:30am - 8:15am	Pilates Instructor: Sharon				Pilates Instructor: Sharon	
8:30am - 9:15am	OC Small Group Train* Trainer: Justin				Muscular Reset Workshop Trainer: Justin	OC Small Group Train* OC Trainers
10:15am - 11:00am	S&S Trainer: Cam	Gentle Yoga Instructor: Sue Ellen	S&S Trainer: Cam	Gentle Yoga Instructor: Sue Ellen		
12:00pm - 12:50pm	Strength Circuit Trainer: Cam	Cardio Circuit Trainer: Justin	Strength Circuit Trainer: Cam	Cardio Circuit Trainer: Justin	*NEW: OC Small Group Training Personalized Coaching available in a small group format for real results! Limited spots available. Please sign-up in advance, call 563.324.5284 or email wellness@theoutingclub.com \$10 per session	
5:15pm - 6:05pm	Muscular Reset Workshop Trainer: Anne	Hatha Yoga Instructor: Sarah	Strength Circuit Trainer: Cam	Cardio Circuit Trainer: Anne		