

February 2018



Time	MON	TUES	WED	THURS	FRI	SAT
6am		Spin Deb		Spin Deb		
7am						
8am	Insanity Rachel	BarreFit Susannah	Total Body Circuit Logan	Core De Force Kristina	Strong & Fit Logan	8:15 Cardio Circuit Katy
9am	Zumba Logan	Total Body Circuit Katy	Turbo Kick Debra	Yoga Megan	Zumba Katy	9:15 Strong by Zumba Isa
9am	Spin Telsey	Spin Deb	Spin Susannah	Spin Deb	Spin Telsey	
10am	Pilates Susannah	Silver Sneakers Deb	Pilates Susannah	Silver Sneakers Deb	BarreFit Susannah	
11am		Yoga Megan				
5:15pm	BarreFit Amy	Turbo Kick Debra	Total Body Circuit Katy	Strong & Fit Logan		
6:00	Spin Deb	Spin Telsey	Spin Janel	Spin Telsey		
6:15pm	Zumba Katy	Total Body Circuit Logan	Zumba Logan	Turbo Kick Debra		
7:15pm		Yoga Megan		Yoga Megan		

98 Quarterhorse Lane
 Hampstead, NC 28443
 910-270-4044

Hours of Operation

Monday- Thurs 5a-9p Friday 5a-8p
 Saturday 8a-6p Sunday 10a-6p

Child Care

Mon-Fri 8a-12 pm
 Mon-Thurs 4-8pm
 Sat 8am-12pm