

FALL 2018 SCHEDULE - SHENANDOAH POWERHOUSE GYM. BEGINS 9/10/18

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY			
10:00-10:30a	Interval Insanity (Hannah)			10:00-10:30a	Cardio Camp (Lindsay)			10:00-10:45a	Pilates Stretch (Lindsay)		
6:00-6:30p	Sculpt Xpress (Hannah)	6:00-6:30p	TKO (Lindsay)	6:00-6:50p	Interval Sculpt (Hannah)	5:30-6:15p	Yoga (Sherry)	SATURDAY AM			
6:30-7:00p	Spin Xtreme (Berkley)	6:30-7:15p	Hip Hop (Susan)	7:00-7:30p	Pilates (Lindsay)	6:30-7:30p	Interval Insanity (Maddy)			9:10-9:30	20 Minute Burn (Lindsay)
7:05-7:35p	Yoga Flow (Berkley)									9:30-10:00	Spin Xpress (Lindsay)

540-942-9466 / shenandoahpower.com

Club Hours: M-Th: 5:30a-11p / Fri: 5:30a-9p / Sat: 8a-6p / Sun: 10:30a-6p

Childcare: M-Th: 9a -12p & 4p - 8p / Fri-Sat: 9a-12p

Pool Hours: 9a - 10p, 7 days/week