

# SPRING 2018 SCHEDULE - SHENANDOAH POWERHOUSE GYM. BEGINS 4/16/18

## MONDAY

10:00-10:30a	Interval Insanity (Melissa)
6:00-6:30p	Sculpt Xpress (Lindsay)
6:30-7:00p	Spin Xtreme (Lindsay)
7:00-7:30p	Pilates (Lindsay)

## TUESDAY

6:00-6:30p	TKO (Lindsay)
6:30-7:30p	Hip Hop Tone (Holly)

## WEDNESDAY

10:00-10:30a	Ballapalooza (Lindsay)
6:00-6:30p	Super Sculpt (Hannah)
6:30-7:00	Spin Xpress (Berkley)
7:05-7:35	Interval Insanity (Berkley)

## THURSDAY

5:30-6:15p	Yoga (Sherry)
6:30-7:30p	Hip Hop (Susan)

## FRIDAY

10:00-10:45a	Pilates Stretch (Lindsay)
<b>SATURDAY AM</b>	
9:10-9:30	20 Minute Burn (Lindsay)
9:30-10:15	Spin n' Sculpt (Lindsay)
10:15-11:00	Yoga Fusion (Susan)

**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