

# SHENANDOAH POWERHOUSE GROUP FITNESS - SPRING 2019 (BEGINS APRIL 29th)

MONDAY	
10:00-10:30a	Kettlebell Crush (Hannah)
6:00-6:30p	Sculpt Xpress (Hannah)
6:30-7:30p	Yoga Flow (Zoe)

TUESDAY	
6:00-6:30p	TKO (Lindsay)
6:30-7:15p	*Barre* (Susan)

WEDNESDAY	
10:00-10:30a	TKO (Lindsay)
6:00-6:20p	Kettlebell Crush (Lindsay)
6:30-7:00p	Sculpt Xpress (Hannah)
7:05-7:35p	Pilates (Lindsay)

THURSDAY	
5:15-6:00p	Yoga (Sherry)
6:00-6:30p	Bikini Body (Hannah)

FRIDAY	
10:00-10:30a	Core (Lindsay)
10:30-11:30	*Buti Yoga* (Jessica)
SATURDAY AM	
9:15-10:00	Bikes & Bells (Lindsay)
10:05-11:00	Yoga Flow (Zoe)

**540-942-9466 / shenandoahpower.com**

**\*PREMIUM CLASS - Sign Up In Advance**

*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*