

# SHENANDOAH POWERHOUSE GROUP X ATTENDANCE CHECK-IN (4 WEEKS)

## MONDAY

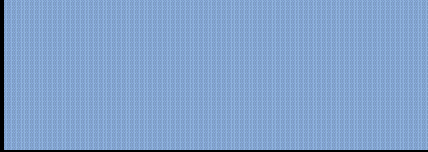
## TUESDAY

## WEDNESDAY

## THURSDAY

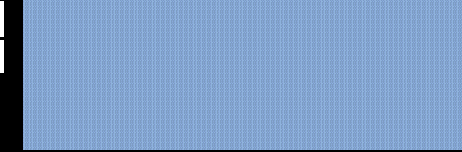
10:00-10:30a

**Butts and Guts  
(Melissa)**

10:00-10:30a

**Cardio Sculpt  
(Lindsay)**

6:00-6:30p

**Butts and Guts  
(Carrie)**


6:00-6:30p

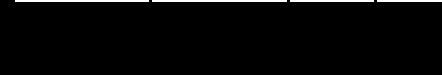
TKO (Lindsay)


6:15-7:00p

**Power Sculpt  
(Coach Sweet)**


5:30-6:15p

Yoga (Sherry)

6:30-7:15p

**Club Cycle With  
(DJ Carrie)**


6:30-7:00p

**PlyoJam (Susan)**


7:00-7:45

**Cycle-lates  
(Lindsay)**


6:30-7:30p

**Zumba Plus  
(Susan)**


## FRIDAY

## SATURDAY MORNING

10:00-10:20a

**High Intensity Core  
(Lindsay)**


7:00-7:30p

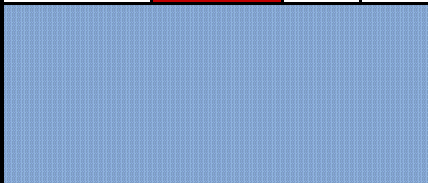
**Sexy Flexy  
(Susan)**


9:30-10:15

**Cycle 'n' Sculpt  
(Lindsay)**


11:00-11:30

**Yoga Fusion  
(Susan)**

10:20-10:50a

**Pilates Stretch  
(Lindsay)**


10:20-10:50

**Zumba Xpress  
(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