

WINTER 2018 SCHEDULE - SHENANDOAH POWERHOUSE GYM. BEGINS 1/8/18

MONDAY

10:00-10:30a

Sculpt Xpress
(Melissa)

6:00-6:30p

TKO (Lindsay)

6:30-7:15p

Spin & Sculpt
(Lindsay)

TUESDAY

6:00-6:30p

Sculpt Xpress
(Lindsay)

6:30-7:15p

Hip Hop (Abby)

WEDNESDAY

10:00-10:45a

Spin & Sculpt
(Lindsay)

6:15-6:55p

Super Sculpt
(Coach Sweet)

7:00-7:30

Spin Xtreme
(Berkley)

7:30-8:00

Ballapalooza
(Berkley)

THURSDAY

5:30-6:15p

Yoga (Sherry)

6:30-7:30p

Hip Hop
(Susan)

FRIDAY

10:00-10:45a

BallaPilates
(Lindsay)

SATURDAY

9:00-9:30

Spin (Lindsay)

9:30-10:00

Spin Xtreme
(Lindsay)

10:05-10:35

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