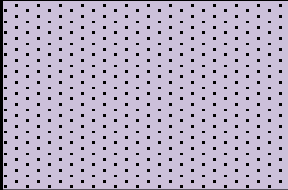
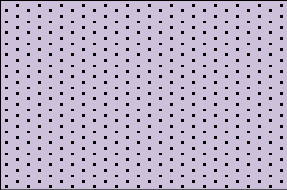
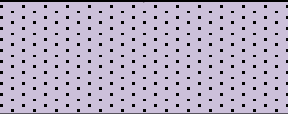
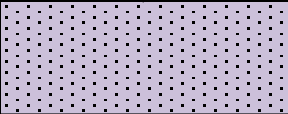
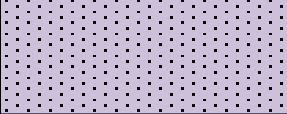





# SHENANDOAH POWERHOUSE GROUP FITNESS - WINTER 2019 (BEGINS JAN. 7)

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
10:00-10:30a	Bikini Body (Hannah)			10:00-10:30a	Sculpt Xpress (Lindsay)			10:00-10:45a	Ballapilates (Lindsay)
									
6:00-6:30p	Sculpt Xpress (Hannah)	6:00-6:30p	TKO (Lindsay)			5:45-6:15p	Spin Xpress (Lindsay)		
6:30-7:30p	Yoga Flow (Zoe)	6:30-7:15p	Hip Hop Abs (Susan)	6:20-6:50p	Sculpt Xpress (Hannah)	6:00-6:30p	Bikini Body (Hannah)	9:15-10:00a	Spin 'n' Sculpt (Lindsay)
				7:00-7:30p	Ballapilates (Lindsay)			10:05-11:00a	Yoga Flow (Zoe)

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