WINTER 2024 GROUP FITNESS @ SHENANDOAH POWERHOUSE GYM

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				10:00-10:30a	TKO (Lindsay)			10:00-10:30a	Prop Pilates (Lindsay)
6:00-6:30p	TKO (Lauren)	6:00-6:30p	Bikes 'n Bells (Berkley)	6:30-7:00p	Gym Jam 101 (Lindsay)	6:00-6:30p	Sculpt (Christy)	**SATURDAY AM**	
6:35-7:05p	Yoga Flow (Becca)	6:35-7:20p	Core (Berkley)	7:05-7:35p	Mat Pilates (Lindsay)	6:35-7:05p	Stretch (Becca)	10:00-10:30a	Saturday Spin (Jenn)

Email waynesboropowerhouse@gmail.com to reserve a spot in class. Accepting reservations 48hrs in advance.

540-942-9466 / shenandoahpower.com

Club Hours Mon-Thu: 5:30a-11p / Fri: 5:30a-9p / Sat: 8a-6p / Sun: 10:30a-6p
Childcare Hours Mon & Wed: 9a-12p & 4p-8p / Tues & Thu: 4p-8p / Fri & Sat: 9a-12p