

FALL 2024 GROUP FITNESS @ SHENANDOAH POWERHOUSE GYM

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				10:00-10:30a TKO (Lindsay)				10:00-10:30a Pilates (Lindsay)	
Email waynesboropowerhouse@gmail.com to reserve a spot in class. Accepting reservations 48hrs in advance.									
6:00-6:30p TKO (Lauren)		5:30-6:00p Kettlebell Crush (Bryson)		5:30-6:15p Barre (Rachel)		5:30-6:00p Pilatone (Lindsay)		SATURDAY AM	
6:35-7:05p Vinyasa Yoga (Adam)		6:05-6:40p Yoga (Berkley)		6:15-7:00p WERQ (Caroline)					

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