

PLATINUM FITNESS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	12 Noon Lower Body Sculpt Gail	12 Noon Penalty Box HIIT Gail	12 Noon Upper Body Sculpt Gail	12 Noon Cardio & Core Gail	12 Noon Full Body Circuit Gail	
	5 pm Spin Marie	5 pm Core & More Kelly	5 pm Tabata Kelly	4 pm Anything Goes Kelly	5:45 pm Kangoo Jumps Rochelle	
		7:30 pm Kangoo Jumps Rochelle				

Unlimited Classes-only Membership \$39.95 + Tax

Single Class – Non-member \$6.09 + Tax

Single Class – Member \$3.48 + Tax

Call 902-842-4875 to sign up!