

PLATINUM FITNESS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		10 am Circuit Blast Kelly	10 am Random Antics Gail	10 am Penalty Box HIIT Kelly	10 am Full Body Circuit Gail	
	4 pm Lower Body Sculpt Gail	4 pm Penalty Box HIIT & Abs Gai	4 pm Upper Body Sculpt Gail			
	5 pm Spin Marie	5 pm Random Antics Gail	5 pm Tabata Kelly	5 pm Total Body Circuit Kelly		
	6 pm Aero-Boxing Marie	7:30 pm Kangoo Jumps Rochelle	6:00 pm Bhangra Dance Aman			

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!