



360-464-5231
 1245 W. Washington St., Sequim
<http://www.fit4lifesequim.com/>

Jan 2018	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 AM	TRX w/Brenda 45M			TRX w/Brenda 45M			
7:15 AM		GET LEAN w/Pauline 30M					
8:00 AM	GET STRONG w/Pauline 45M	Zumba w/Li 50M	GET STRONG w/Pauline 45M	Zumba w/Kristin 50M	GET STRONG w/Pauline 45M	TRX w/Brenda 45M	
9:00 AM	GET STRONG w/Pauline 45M	Cycle w/Pauline 45M		Learn & Burn Cycle w/Pauline 45M	GET STRONG w/Pauline 45M	Cycle w/Pauline 45M	
10:00 AM		*PILATES ARC & RING Susanne 60M		*PILATES ARC & RING Susanne 60M			
11:00 AM			Yoga w/ Liann 60M		Yoga w/ Liann 60M		
2:00 PM			Foam Roller Susanne 60M				
3:00 PM			MAT Pilates Susanne 60M				
4:30 PM	Cycle w/Pauline 45M	Total Barre w/Pauline 45M	Learn & Burn Cycle w/Pauline 45M	Total Barre w/Pauline 45M	Cycle Tour w/Pauline 45M		
5:00 PM							Yoga w/ Liann 75M
5:30 PM	Arms & Abs w/Pauline 30M	P90X w/Jane (Cardio & Strength) 60M	Arms & Abs w/Pauline 30M	GET LEAN w/Pauline 30M			Key: High Intensity Resistance Low Impact Cardio *\$15 a class