

Fazeek Fitness Hours

Monday-Thursday
4:30A – 10:00P

Friday
4:30A – 8:00P

Saturday/Sunday
7:00A – 6:00P



Fall Class Schedule
*ALL Group Fitness Classes are
INCLUDED with a Gym Membership!*

Not a gym member?
You may purchase an
\$8 day pass to attend classes.

Or—consider purchasing a
3 month gym pass for \$100!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		5:00 AM <small>LES MILLS</small> BODYPUMP with Diane		5:00 AM <small>LES MILLS</small> BODYPUMP with Diane		
	8:30 AM Interval Weight Training with Jeri		8:30 am HIIT BURN Tabata Style with Jeri		8:30 AM Step with Jeri	8:00 AM <small>LES MILLS</small> BODYPUMP with Regina
9:00 AM <small>LES MILLS</small> BODYPUMP with Diane (starting 09/11)						9:00 AM <small>LES MILLS</small> CORE with Sarah
	10:30 AM <small>LES MILLS</small> BODYPUMP with Regina					9:00 AM Kickboxing with Jason
	5:00 PM <small>LES MILLS</small> BODYPUMP with Regina	5:30 PM Kickboxing with Angie	5:30 PM <small>LES MILLS</small> CORE with Sarah	5:00 PM <small>LES MILLS</small> BODYPUMP with Regina		
	6:00 PM <small>LES MILLS</small> CORE with Sarah		6:00 PM Yoga with Becky			

Questions or suggestions regarding our classes? Email Sarah Montgomery, Group Fitness Manager: FazeekGroupFitness@gmail.com