

## Fazeek Fitness Hours

**Monday-Thursday**  
**4:30A – 10:00P**

**Friday**  
**4:30A – 8:00P**

**Saturday/Sunday**  
**7:00A – 6:00P**



## Winter 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
9:00 AM <b>LES MILLS</b> <b>BODYPUMP</b> with Diane						8:00 AM <b>LES MILLS</b> <b>BODYPUMP</b> with Diane/Regina
	10:30 AM <b>LES MILLS</b> <b>BODYPUMP</b> with Regina					9:00 AM <b>LES MILLS</b> <b>CORE</b> with Sarah
	5:00 PM <b>LES MILLS</b> <b>CORE</b> with Sarah	5:00 PM <b>LES MILLS</b> <b>BODYPUMP</b> with Regina	5:30 PM <b>LES MILLS</b> <b>CORE</b> with Sarah	5:00 PM <b>LES MILLS</b> <b>BODYPUMP</b> with Regina		
	5:30 PM Kickboxing with Angie		6:00 PM Yoga with Becky			

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