

August 2017 – View our Website to see class descriptions

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 Like us! On Facebook Follow us on Twitter	Join REMIND, stay informed just text this number 81010 with the message @nhfi	1 9:00AM Weight Train M 5:30 PM Cycle/Sculpt M 6:30 PM Cycle/Train M	2 7:45AM Cycle Mix Circuit M 6:15PM TRX Interval Mal	3 6:30PM Sticks n Strength Mal	4 8:45AM Cycle/Tabata Mal *	5 8:30AM Cycle 9:00AM Bootcamp
6 9:00AM Rip & Ride Mal 10:15am Hurracaine Mal	7 9:00 AM P.Pilates J 5:00 PM P.Pilates J 6:10 PM Beg.Yoga S 7:15 PM Adv. Yoga S	8 9:00AM Weight Train M 5:30 PM Cycle/Sculpt M 6:30 PM Cycle/Train M	9 7:45AM Cycle Mix Circuit M 6:15PM TRX Interval Mal	10 6:30PM Cycle/Train * Amy	11 8:45AM Cycle/Tabata M	12 8:30AM Cycle 9:00AM Bootcamp Looking for a sub
13 9:00AM Rip & Ride Gina *	14 9:00 AM P.Pilates J 5:00 PM P.Pilates J No Yoga	15 9:00AM Weight Train M 5:30 PM Cycle/Sculpt M 6:30 PM Cycle/Train M	16 7:45AM Cycle Mix Circuit M 6:15PM TRX Interval Mal	17 6:30PM Sticks n Strength Mal	18 8:45AM Cycle/Tabata M	19 8:30AM Cycle 9:00AM Bootcamp
20 9:00AM Rip & Ride Mal 10:15am Hurracaine Mal	21 9:00 AM P.Pilates J 5:00 PM P.Pilates J 6:10 PM Beg.Yoga S 7:15 PM Adv. Yoga S	22 9:00AM Weight Train M 5:30 PM Cycle/Sculpt M 6:30 PM Cycle/Train M	23 7:45AM Cycle Mix Circuit M 6:15PM TRX Interval Mal	24 6:30PM Sticks n Strength Mal	25 8:45AM Cycle/Tabata Mal *	26 8:30AM Cycle 9:00AM Bootcamp
27 9:00AM Rip & Ride Mal 10:15am Hurracaine Mal	28 9:00 AM P.Pilates J 5:00 PM P.Pilates J 6:10 PM Beg.Yoga S 7:15 PM Adv. Yoga S	29 9:00AM Weight Train M 5:30 PM Cycle/Sculpt M 6:30 PM Cycle/Train M	30 7:45AM Cycle Mix Circuit M 6:15PM TRX Interval Mal	31 6:30PM Sticks n Strength Mal	Specials: Buy 10 Classes for \$65.00 Buy 6 Classes for \$45.00 Refer a friend and get a \$10.00 Credit towards next month if they purchase classes.	

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