



JANUARY

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 AM		PathwayFit Performance Center Wes		PathwayFit Performance Center Wes		PathwayFit Performance Center Sherri	
6:30 AM		PathwayFit Performance Center Wes	PathwayFit Performance Center Jessi	PathwayFit Performance Center Wes		PathwayFit Performance Center Sherri	
8:00 AM							PathwayFit Strength Performance Center Sherri/Jessi
9:45 AM		Evolve TRX Garage Lisa	Evolve KB & Ropes Garage Alissa	Evolve Strength Foundations Garage Alissa	Evolve MetCon Garage Alissa	Evolve TRX Garage Lisa	Evolve Strength Garage Alissa
9:45 AM					Evolve Senior Strength Weight Room Floor Joan		
9:45 AM		PathwayFit Performance Center Wes	PathwayFit Performance Center Jessi	PathwayFit Performance Center Wes		PathwayFit Performance Center Sherri	PathwayFit Strength Performance Center Sherri/Jessi
4:30 PM		PathwayFit Performance Center Sherri	PathwayFit Performance Center Sheri	PathwayFit Performance Center Jessi		PathwayFit Performance Center Sherri	
5:30 PM		Evolve Strength Foundations Garage Alissa	Evolve TRX Garage Victoria	Evolve Strength Foundations Garage Lisa	Evolve KB & Ropes Garage Alissa		
6:45 PM		PathwayFit Performance Center Sherri	PathwayFit Performance Center Sherri	PathwayFit Performance Center Jessi		PathwayFit Performance Center Sherri	

"Action is the foundational key to all success"

Descriptions Located on Back



Contact Kyle for more information @ kbergman@clubworx.net

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