



| *Central Kentucky's Premier Health Club*

Monday

5:45 am Women's only boot camp
8:30 am Women's only boot camp
3:45 pm Kid's boot camp
5:15 pm Women's only boot camp
6:00 pm Zumba (this class is offered at Living Grace Church)

Tuesday

8:30 am Ab-aholics
4:00 pm Co-ed Boot Camp

Wednesday

5:45 am Women's only boot camp
8:30 am Women's only boot camp
3:45 pm Kid's boot camp
5:15 pm Women's only boot camp
6:00 pm Zumba (this class is offered at Living Grace Church)

Thursday

5:45 am Zumba
8:30 am Ab-aholics
4:00 pm Co-ed Boot Camp
6:00 pm Zumba (this class is offered at Living Grace Church)

Friday

5:45 am Women's only boot camp
8:30 am Women's only boot camp
3:45 pm Kid's boot camp
5:15 pm Women's only boot camp

*****Additional offering*****

Weight Training 101 - this class is for educational purposes only and is designed to teach proper use of the exercise equipment. Class time changes weekly with the intent to allow more of our members to get involved. Class time and day is posted in the Lobby of our Health Club.