



IMPACT

FITNESS

WELCOME BACK TEACHERS!

ENJOY A FREE WEEK AND 1 PERSONAL TRAINING SESSION

GROUP X SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 AM		ZUMBA NINA	LM BODY PUMP NATALIE	ZUMBA NINA	LM BODY PUMP NATALIE	
6:00 AM		SPIN ANDREA		SPIN ANDREA		
8:30 AM	LM BODY PUMP DANIELLE	CARDIO SCULPT JENNI	LM BODY PUMP DANIELLE	ZUMBA RADHA	LM BODY PUMP NATALIE	ZUMBA NINA
9:30 AM	STRETCH JENNI	YOGA TATJANA	HIGH FITNESS MORGAN	YOGA TATJANA		
10:00 AM	ROCK HARD JENNI					
5:00 PM	ROTATE KALI	LM BODY PUMP NATALIE	ROTATE KALI	LM BODY PUMP NATALIE	ZUMBA RADHA	
6:00 PM	ZUMBA NINA	HIGH FITNESS & SPIN	STEP & TONE TATJANA	SPIN & KICKBOXING		
7:00 PM	YOGA JENNIFER	ZUMBA JACKIE	YOGA JENNIFER	ZUMBA JACKIE		

*Always refer to the Impact Fitness app or impactfitnesscubs.com for the most up to date schedule.

CLUB HOURS

MONDAY - FRIDAY	5:00AM-11:00PM
SATURDAY - SUNDAY	7:00AM-7:00PM

KIDS CLUB HOURS

MONDAY - THURSDAY	8:00AM-12:00PM	4:00PM-8:00PM
FRIDAY	8:00AM-12:00PM	5:00PM-7:00PM
SATURDAY	8:00AM-12:00PM	CLOSED
SUNDAY	CLOSED	CLOSED



IMPACT FITNESS INVITES YOU TO ENJOY 7 FREE DAYS OF FITNESS & FUN FOR YOURSELF AND A FRIEND.

AUTHORIZED BY: MICHELLE OR ANTONIO

First time guests only. Must be a local resident & at least 18 years of age. Photo ID Required. Not valid with any other offer. Other restrictions may apply.

REDEEM YOUR 7 DAY PASS BY SHOWING THIS AT THE FRONT DESK