



# eVOLVE

THE EVOLUTION OF FITNESS

Spinning



Body Pump



Cardio Equipment



Weights



Freeweights

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6 A.M.		SPINNING (GERI)	SPINNING (ROB)	SPINNING (JANE)	SPINNING (DEDE)		
7 A.M.		*BODY PUMP (CHRIS)		*BODY PUMP (CHRIS)		SPINNING (GERI) 7:30 -8:30	SPINNING (ANNA) 8 - 9
8:30 A.M.						BODY PUMP CLINIC (DARLENE)	
9 A.M.						*BODY PUMP (DARLENE)	
9:30 A.M.							*BODY PUMP (TRICIA)
11 A.M.							SPINNING (MARSHA) 1 HOUR
12 NOON	*BODY PUMP (DEBRA)	SPINNING (STAFF)	*BODY PUMP (DARLENE)	SPINNING (STAFF)	*BODY PUMP (DEBRA)		
4:15 P.M.	SPINNING (PAULA) 1 HOUR	SPINNING (MARCI) 45 MIN	SPINNING (PAULA) 1 HOUR	SPINNING (STAFF) 45 MIN	SPINNING (PAULA) 1 HOUR		
5:30 P.M.	SPINNING (MARTHA) 45 MIN.	*BODY PUMP (LIZ)	SPINNING (MARTHA) 45 MIN.	*BODY PUMP (TRICIA)	SPINNING (ANNA) 1 HOUR		
6:45 P.M.		SPINNING (MARK) 1 HOUR		SPINNING (FRANK) 1 HOUR			

Reservations made up to 24 hours in advance are greatly appreciated.

Schedule effective September 1, 2008

Single Drop In \$8

10 Punch Pass (good for up to 3 months) \$60

Monthly Unlimited \$65

3 Month Unlimited \$180

1 Year Unlimited (ACH or prepay) \$55 per mo.

Corporate Rate (5+ members) On Request

All prices include tax.

\*Anyone taking a Body Pump Class for the first time **MUST** attend the Body Pump Clinic. Call to schedule an appt.

Hours of Operation: Monday through Friday 6 a.m. to 8 p.m.

Saturday and Sunday 8 a.m. to 5 p.m.

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