



Time	Class	Instructor	Location	Intensity
<u>Monday</u>				
8 a.m.	Pound Fit/Dance Fitness	Emily Castle	Group Exercise Room	Moderate
4 p.m.	Pound Fit/Dance Fitness	Emily Castle	Group exercise Room	Moderate
<u>Tuesday</u>				
4 p.m.	H2O Explosion	Brittany Barber	Pool	Light/Moderate
6 p.m.	Spin	Callie Chisholm	Group Exercise Room	Moderate/High
<u>Wednesday</u>				
8 a.m.	Pound Fit/Dance Fitness	Emily Castle	Group Exercise Room	Moderate
4 p.m.	Pound Fit/Dance Fitness	Emily Castle	Group Exercise Room	Moderate
<u>Thursday</u>				
4 p.m.	H2O Explosion	Brittany Barber	Pool	Light/Moderate
6 p.m.	Spin	Callie Chisholm	Group Exercise Room	Moderate/High
<u>Friday</u>				
8 a.m.	Pound Fit/Dance Fitness	Emily Castle	Group Exercise Room	Moderate

FOR MORE INFORMATION, CALL (662) 256-6127

1105 Earl Frye Boulevard | Amory

