

May 2019

Group Exercise Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 6a Sculpt-n-Tone <i>Tenneil</i> 9:30a Yoga <i>Janet</i> 12p Cycle Barre <i>Karen</i>	2	3	4
6 9:30a Sculpt-n-Tone <i>Jenn</i>	7 12p Cycle Barre <i>Karen</i>	8 6a Sculpt-n-Tone <i>Tenneil</i> 9:30a Yoga <i>Janet</i>	9	10	11
13 9:30a Sculpt-n-Tone <i>Jenn</i>	14	15 6a Sculpt-n-Tone <i>Tenneil</i> 9:30a Yoga <i>Janet</i> 12p Cycle Barre <i>Karen</i>	16	17	18
20 9:30a Sculpt-n-Tone <i>Jenn</i>	21 12p Spin <i>Tenneil</i>	22 6a Sculpt-n-Tone <i>Tenneil</i> 9:30a Yoga <i>Janet</i>	23	24	25
27 Closed Memorial Day	28 9:30a Sculpt-n-Tone <i>Jenn</i>	29 6a Sculpt-n-Tone <i>Tenneil</i> 9:30a Yoga <i>Janet</i>	30 12p Cycle Barre <i>Karen</i>	31	

Group Exercise Class Descriptions

Cycle Barre – 60 minutes- Start off with 30 minutes of Spin and end with 30 minutes of Barre!
Great for the heart and strengthening the core.

Sculpt-n-Tone– 50 minutes- This class will sculpt your body from top to bottom using many different tools and exercises.

Yoga – 50 minutes – A system of exercises practiced as part of the discipline to promote control of body and mind. This class emphasizes posture, flexibility, breathing methods and relaxation.

Hours of Operation

Monday – Friday 5:30am – 7:00pm
Saturday 8:00am – 12:00pm

(Hours subject to change during Holidays and Major Events and are to be determined by The Speedway Club Management)

Health Club/Spa Contacts

Health Club & Spa Manager	Kristal Fanning	817-215-8469
Front Desk & Spa Appointments	Jamie	817-215-8460
Trainers Desk & Group Exercise	Tenneil Davis	817-215-8471

Personal Training Sessions and Private Fitness Classes are available at an extra charge.
Contact Kristal Fanning for more information.

Personal Training –
1 Session = \$65
6 Sessions = \$360
12 Sessions = \$660
24 Sessions = \$1080

Private Fitness Class
\$50 per class