

**JANUARY  
OPTIONS**



# **SMALL GROUP TRAINING OPTIONS**

Our Small Group training sessions offer you a more intimate setting than a typical group fitness class with more individualized attention from the trainer and an atmosphere of camaraderie and encouragement between participants.

## **RISE & GRIND**

with **KIM KELLAGHER**

**TUESDAY**      **FRIDAY**  
**5:45-6:45 AM**    **5:30-6:30 AM**  
**SPORTS FACTORY**    **SPORTS FACTORY**

## **CYCLE & STRENGTH**

with **WENDY O'BRYANT**

**MONDAY**  
**4:30-5:30 PM**  
**SPORT COURT**

## **POWER HIIT BOXING**

with **SHAUNNA RIVERA**

**TUESDAY**  
**6:00-6:45 PM**  
**ARENA SPORTS FACTORY**

**MONTHLY REGISTRATION & DROP-IN OPTIONS AVAILABLE**  
**REGISTER AT THE FRONT DESK OR ONLINE TODAY!**

