

Members can sign-up at the fitness desk up to 7 days in advance. Walk-ins welcome (if room available).
 Cancellations must be at least 24hrs in advance to avoid charge.

GROUP PERSONAL TRAINING

GPT SCHEDULE

CONFERENCE ROOM
 Effective January 9, 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div style="border: 2px solid black; padding: 5px; text-align: center;"> <p>*NEW</p> <hr style="width: 50%; margin: 0 auto;"/> <p>REVISED SCHEDULE!</p> </div>		<i>5:15am</i>		<i>5:15am</i>		<i>8:30am</i>
		<i>8:00am</i>		<i>7:00am</i>		
	<i>9:00am</i>				<i>9:00am</i>	
		<i>11:30am</i>		<i>11:30am</i>		
	<i>5:30pm</i>		<i>5:30pm</i>			
	<i>6:45pm</i>		<i>6:45pm</i>			

*Subject to change.

SEE FITNESS DESK TO RESERVE YOUR SPOT IN THE SESSION OF YOUR CHOICE.

Frequently asked questions on back.