



# Achieving Your Best Fall 2018 Group Classes

\*New schedule and pricing effective September 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15 AM	Strength**	Strength **		Strength**	Strength**		
5:15 AM	AYB Performance	AYB Performance	AYB Performance	AYB Performance	AYB Performance		
6:15 AM	Strength**	Strength**		Strength**	Strength**		
6:15 AM	AYB Performance	AYB Performance	AYB Performance	AYB Performance	AYB Performance		
7:30 AM							Trainer's Choice
8:15 AM	AYB Foundations	AYB Foundations	AYB Foundations	AYB Foundations	AYB Foundations	Trainers Choice	
8:15 AM						AYB Youth	
9:15 AM	AYB Performance	AYB Performance	AYB Performance	AYB Performance	AYB Performance	Trainers Choice	
9:15 AM	Strength**	Strength**		Strength**	Strength**	AYB Youth	
10:00 AM		Flexibility					
12:00 PM	AYB Performance	AYB Performance	AYB Performance	AYB Performance	AYB Performance		
2:00 PM	AYB Performance	AYB Performance	AYB Performance	AYB Performance	AYB Performance		
4:30 PM					AYB Performance		
4:30 PM					AYB Youth		
4:45 PM	AYB Foundations	AYB Foundations	AYB Foundations	AYB Foundations			
4:45 PM	AYB Youth	AYB Youth	AYB Youth	AYB Youth			
5:30 PM	AYB Performance	AYB Performance	AYB Performance	AYB Performance	AYB Performance		
5:30 PM	Strength**	Strength**		Strength**	Strength**		
6:30 PM	AYB Youth	AYB Youth	AYB Youth	AYB Youth			
6:30 PM	Focused Development	Focused Development	Focused Development	Focused Development			

All classes are 45 min unless otherwise noted. Classes are subject to change.

\*\* denotes strength class which is a separate pricing option from group classes