

Drop-In Xtreme Personal Training

Body Shock Amp up your workout™

2011 Schedule



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Noon w/Rachel & Kim	Noon w/ Danelle & Laurie 6:30 pm w/Greg	Noon w/Rachel & Kim	Noon w/ Danelle & Laurie 6:30 pm w/Greg & Denita	Noon "See Dungeon Schedule for description and trainer"	8:30 am Trainer varies

- Purchase individual sessions or punch cards at the Front Desk.
- Cost: Members - \$5
Non-Members - \$12
- Class size is limited to 12 participants.
- Sessions are 45 minutes in length.