



MON	TUE	WED	THU	FRI	SAT	SUN
	**5:30 am Wake Up!	5:00 am <u>Bootcamp</u> *5:30 HIIT	**5:30 am Wake Up!	5:00 am Bootcamp		
9:00 am Silver Sneakers® Classic		9:00 am Silver Sneakers® Classic				
		**5:15 pm Body Blaster				
	**6:00 pm Basic Flow Yoga	*6:00 pm Hustle for the Muscle				
						**7:00 pm Basic Flow Yoga

\* 30 min. class \*\* 45 min. class All other classes 60 min.  
Must register for Boot Camp \$50/month

Fitness Plus  
940 12<sup>th</sup> Street,  
Syracuse, NE 68446  
(402) 269.3760

Staffed Hours: Tuesday & Wednesday 8 a.m. - 7 p.m.  
Monday, Wednesday, & Friday 8 a.m. - 5 p.m.