

Fitness+ Class Schedule

MON	TUE	WED	THU	FRI	SAT	SUN
5:45 am Hour of Power Kristin	**5:30 am Wake Up! Pam R.	*5:30 HIIT Pam R.	**5:30 am Wake Up! Pam R.	5:45 am Hour of Power Kristin		
8:00 am FIRE Aimee	8:30 am Hour of Power Kristin	8:00 am FIRE Aimee		8:30 am Hour of Power Kristin	8:00 am FIRE Aimee	
9:05 am Silver Sneakers® Classic Jan		9:05 am Silver Sneakers® Classic Jan				
**3:30 pm Tumbling Aimee		**3:30 pm Tumbling Aimee				
**4:15 pm Tumbling Aimee		**4:15 pm Tumbling Aimee				
		**5:15 pm Body Blaster Pam H.				
5:30 pm FIRE Aimee	**6:00 pm Basic Flow Yoga Autumn	*6:00 pm Hustle for the Muscle Pam H.				**7:00 pm Basic Flow Yoga Autumn

* 30 min class ** 45 min class All other classes 60 min

Fitness Plus 940 12th Street Syracuse, NE 68446 402.269.3760
Staffed Hours: Monday - Thursday 8 am - 7 pm, Friday 8 am - 5 pm