



FIND YOUR SCHEDULED TIME FOR SMALL GROUP TRAINING USING THE QUEENAX MACHINE IN THE BOXING AREA AT FSII ONLY.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5 AM		★ Alex		★ Alex			
6 AM		★ Alex	★ David	★ Alex		★ Sabrina	
8 AM		★ Cory	★ Cory	★ Cory	★ Chad		
9 AM		★ Chad	★ Chad	★ Chad	★ Chad		★ Jim
10 AM	★ Alex		★ Jess				★ Jim
1 PM							★ Dylan
2 PM	★ Dylan						★ Dylan
3 PM						★ Sabrina	
4 PM	★ Alex O.	★ TBD	★ Matt	★ Sabrina	★ Matt	★ David	
5 PM		★ Jim	★ Cristina	★ Sabrina	★ Cristina	★ David	
6 PM		★ Jim	★ Lauren	★ Lauren	★ Cristina		

★ **Learn how Small Group Training (SGT) can make a huge improvement in the quality of your workouts!**

★ **Sign-up by January 31 to lock-in unlimited SGT classes for only \$99/mo.!** (Regular rate \$130/mo.) **2 month commitment. Rates change if you cancel.**

★ **No cancellation fee**

- Walk-ins are okay
- Don't see a day and time listed that you like? Grab at least two friends and we will add it!

★ **If you need to move sections for any reason, just contact your Trainer and they will assist you in finding a new section.**

For more information, please contact Fitness Center Manager Josh Kauten at: jkauten@4seasons-club.com or (309) 661-8611 ext: 225. 4seasons-club.com