



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. | ★ 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