Fitness Class Schedule

Monday

7:00 am	Cycling	Studio A, 101 Carnegie Center
Noon	Gentle Yoga	Studio A, 101 Carnegie Center

Tuesday

Noon	TRX	Studio B, 101 Carnegie Center

Wednesday

7:00 am	Cycling	Studio A, 101 Carnegie Center
Noon	Mat Pilates	Studio A, 101 Carnegie Center

Thursday

Noon	Core Reformer	Studio B, 101 Carnegie Center
5:15 pm	Cycling and Strength	Studio A, 101 Carnegie Center

To register for classes visit www.jennefit.com

Pricing:

All Classes:

First Class:	FREE
1 Class:	$5
5 Classes:	$25
10 Classes:	$50
20 Classes:	$100

Personal Training:

30 minute sessions

5 sessions:	$199
10 sessions:	$349
20 sessions:	$599

55 minute sessions

5 sessions:	$349
10 sessions:	$599
20 sessions:	$999

Announcements:

CANNON CROSS COACHING

To schedule life coaching, visit cannoncrosscoaching.com

To schedule classes or personal training sessions, visit jennefit.com

www.jennefit.com
609-577-5921

Classes and Pricing subject to change

Always check jennefit.com for inclement weather and schedule updates.