

GROUP TRAINING SCHEDULE

CLASSES BEGIN SEPTEMBER 7th AND RUN FOR 6 WEEKS

MONDAY, WEDNESDAY, FRIDAY GROUPS (\$250)

TIME	LOCATION	CLASS TYPE*	TRAINER
6:00-7:00AM	WG US1	WOMENS ONLY	BRANDON SANDS
7:00-8:00AM	WG US1	WOMENS ONLY	BRANDON SANDS
7:00-8:00AM	WG US1	WOMENS ONLY	STAN CRAWFORD
8:00-9:00AM	WG US1	WOMENS ONLY	STAN CRAWFORD
4:00-5:00PM	WG US1	WOMENS ONLY	STAN CRAWFORD
5:00-6:00PM	WG US1	MENS ONLY	STAN CRAWFORD

TUESDAY, THURSDAY GROUPS (\$175)

TIME	LOCATION	CLASS TYPE*	TRAINER
6:00-7:00AM	WG US1	WOMENS ONLY	BRANDON SANDS
7:00-8:00AM	WG US1	WOMENS ONLY	BRANDON SANDS
7:00-8:00AM	WG US1	WOMENS ONLY	STAN CRAWFORD
8:00-9:00AM	WG US1	WOMENS ONLY	STAN CRAWFORD
8:00-9:00AM	WG US1	WOMENS ONLY	BRANDON SANDS
8:30-9:30AM	WG US1	WOMENS ONLY	MELANIE LEE
3:00-4:00PM	WG US1	WOMENS ONLY	STAN CRAWFORD
4:00-5:00PM	WG US1	WOMENS ONLY	STAN CRAWFORD
4:00-5:00PM	WG EXPRESS	CO-ED	MARC BOULTS
5:00-6:00PM	WG EXPRESS	CO-ED	MARC BOULTS
5:00-6:00PM	WG US1	MENS ONLY	STAN CRAWFORD

MORE CLASSES AVAILABLE ON PAGE 2

MONDAY, WEDNESDAY GROUPS (\$175)

TIME	LOCATION	CLASS TYPE*	TRAINER
8:00-9:00AM	WG US1	MENS ONLY	BRANDON SANDS

MONDAY, WEDNESDAY SPECIAL GROUPS

TIME	LOCATION	CLASS TYPE*	TRAINER
5:30-6:00PM	WG EXPRESS	CO-ED STRETCH \$5/class or \$60 to cover 6 weeks	MARC BOULTS
5:30-6:30PM	PINNACLE FITNESS	CO-ED CIRCUIT TRAINING \$12/class or \$50/month for unlimited classes	BRANDON RAHE
6:30-7:30PM	PINNACLE FITNESS	CO-ED CIRCUIT TRAINING \$12/class or \$50/month for unlimited classes	BRANDON RAHE

*Class Type refers to who may enter the class or what the class details are. WOMENS ONLY groups are for women only. MENS ONLY groups are for men only. CO-ED groups allow both men and women. CO-ED Circuit Training at Pinnacle Fitness is for men, women, and even teens and can host up to 10 people at a time. CO-ED stretch is an instructed/assisted stretching class for men and women and can host up to 10 people.

LOCATIONS

WG US1 – 1650 US1 South, St. Augustine (located just North of Home Depot on US1)

WG Express – 1947 A1A South, St. Augustine Beach (located in the Amici’s Plaza)

Pinnacle Fitness Studio – 1731 Dobbs Road, Unit #11 (located north of SR312 off of SR 207)