



Labor Day Weekend Schedule

Friday, September 4th:

5:45 a.m.: Bootcamp (Total Development Workout!)

9:30 a.m.: 5+1 Training Session (Strength & Cardio Blast)

There will not be any other Group Training Sessions on Friday, therefore, there will *NOT* be a 4 p.m. Plyometrics & Speed session, a 4:30 p.m. Weight-Training Session – nor a 5:30 p.m. Power & Strength session.

All personal training sessions need to be confirmed with your trainer for Friday.

Saturday, September 5th:

There will be **ONE** morning Bootcamp session at **7:00 a.m.**

There will *NOT* be any other Group Training Sessions on Saturday, therefore, there will *NOT* be a 9:00 a.m. Power & Strength Session or a 10:00 a.m. Kids' Training Session.

All personal training sessions need to be confirmed with your trainer for Saturday.

Sunday, September 6th: CLOSED

Monday, September 7th:

No 5:45 a.m. Bootcamp

There will be a **9:30 a.m. Bootcamp** that day . . . There will *NOT* be any other Group Training Sessions, therefore, there will *NOT* be a 5:30 p.m. 30-Minute Bootcamp, a 6:00 p.m. H.I.T. Session, nor a 6:30 p.m. Bootcamp.

All personal training sessions need to be confirmed with your trainer for Monday.