

# BEACH WALK

FAMILY FITNESS LTD.



...The Place To Be

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
9:30 am				Yoga  Instructor: Simone		Muscle Tone	Step Up  Instructor: Chantelle
10:30 am							Xtreme Fitbox  1:00pm Instructor: Mike (paid program)

6:00 pm		Cardio Dance  Instructor: Ashley P					
6:30 pm	Interval  Instructor: Julie		Power Hour  Instructor: Michelle	20/20/20  Instructor: Ashley P			
7:15						Xtreme Fitbox  7:00pm Instructor: Mike (paid program)	
7:30 pm	Yoga  Instructor: Kim		Yoga  Instructor: Kim				



It Is Mandatory To Wear Clean Indoor Gym Shoes To Help Keep The Aerobics Room Clean!

**Child Care Hours**

Monday-Saturday  
9am - 12pm

Monday-Friday  
5pm - 8:30pm

PH:  
519-776-9312