



FIND YOUR FITNESS

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
<p>Boot Camp MPS 6:00-7:00am Sally Greenwood</p> <p>F.I.T. MFC 6:30-7:15am Roland Mash</p> <p>Reformer Pilates PIL 7:30-8:20am Julie La Bruyere</p> <p>Pilates Mat PIL 9:00-9:50am Julie La Bruyere</p> <p>F.I.T. MFC 12:00-12:45pm Craig Burrell</p> <p>Reformer Pilates PIL 12:00-12:50pm Julie La Bruyere</p> <p>Cardio Blast MPS 12:00-12:45pm Sue Horton</p> <p>Back to Basics MPS -MEN ONLY- 12:20-1:00pm Matt Burrell</p> <p>LEGEND YS= Yoga Studio MPS= Multi-Purpose Studio PIL= Pilates Studio WFC= Women's Fitness Center MFC= Men's Fitness Center</p>	<p>Weights & Cardio Circuit MFC 6:00-7:00am Sally Greenwood</p> <p>F.I.T. MFC 6:30-7:15am Roland Mash</p> <p>F.I.T. MFC -WOMEN ONLY- 6:30-7:30am Matt Burrell</p> <p>Reformer Pilates PIL 7:30-8:20am Julie La Bruyere</p> <p>Extreme Body Sculpt WFC 9:00-10:00am Sally Greenwood</p> <p>Abs Express WFC 10:00-10:30am Sally Greenwood</p> <p>Reformer Pilates PIL 11:00-11:50am Julie La Bruyere</p> <p>Barre It! Express YS 11:30-12:00 noon Sue Horton</p> <p>Abs Express MPS 11:45am-12:15pm Roland Mash</p> <p>Reformer Pilates PIL 12:00-12:50pm Julie La Bruyere</p> <p>F.I.T. MFC 12:00-12:45pm Matt Burrell</p> <p>Kettle Bells Express MPS 12:20-12:50pm Roland Mash</p> <p>Yoga YS 5:00-6:00pm Alexis Ackel</p>	<p>Weights & Conditioning MPS 6:00-7:00am Sally Greenwood</p> <p>F.I.T. MFC 6:30-7:15am Roland Mash</p> <p>Reformer Pilates PIL 7:30-8:20am Julie La Bruyere</p> <p>Pilates Mat PIL 9:00-9:50am Julie La Bruyere</p> <p>Trinity Trails/Walk/Run 8:30-9:30am Sally Greenwood</p> <p>Barre It! YS 9:00-9:50am Sue Horton</p> <p>Reformer Pilates PIL -MEN ONLY- 10:45-11:35am Julie La Bruyere</p> <p>Reformer Pilates PIL 12:00-12:50pm Julie La Bruyere</p> <p>Cardio Blast MPS 12:00-12:45pm Sue Horton</p> <p>Yoga YS 12:00-1:00pm Shannon Jones</p> <p>F.I.T. MFC 12:00-12:45pm Craig Burrell</p> <p>Back to Basics MFC -MEN ONLY- 12:20-1:00pm Matt Burrell</p> <p>Reformer Pilates PIL 5:30-6:20pm Sandy Mellina</p>	<p>Spin MFC 6:00-6:50 Sally Greenwood</p> <p>F.I.T. MFC 6:30-7:15am Roland Mash</p> <p>F.I.T. MPS -WOMEN ONLY- 6:30-7:30am Matt Burrell</p> <p>Abs & More YS 6:50-7:15am Sally Greenwood</p> <p>Reformer Pilates PIL 7:30-8:20am Julie La Bruyere</p> <p>Extreme Body Sculpt WFC 9:00-10:00am Sally Greenwood</p> <p>Abs Express WFC 10:00-10:30am Sally Greenwood</p> <p>Reformer Pilates PIL 11:00-11:50am Julie La Bruyere</p> <p>Barre It! Express YS 11:30-12:00 noon Sue Horton</p> <p>Abs Express MPS 11:45am-12:15pm Roland Mash</p> <p>Reformer Pilates PIL 12:00am-12:50pm Julie La Bruyere</p> <p>F.I.T. MFC 12:00-12:45pm Craig Burrell</p> <p>Kettle Bells Express MPS 12:20-12:50pm Roland Mash</p> <p>Yoga YS 5:00-6:00pm Alexis Ackel</p>	<p>Boot Camp MPS 6:00-7:00am Sally Greenwood</p> <p>F.I.T. MFC 6:30-7:15am Roland Mash</p> <p>F.I.T. MPS -WOMEN ONLY- 6:30-7:30am Matt Burrell</p> <p>Pilates Mat PIL 9:00-9:50am Sandy Mellina</p> <p>Reformer Pilates PIL 10:30-11:30am Sandy Mellina</p> <p>F.I.T. MFC 12:00-12:45pm Roland Mash</p> <p>Spin MFC 12:15-1:00pm Angela Fox</p> <p>ALL CLASSES ARE COED UNLESS SPECIFIED</p> <p>City Club reserves the right to cancel or reschedule any class without prior notice. Call (817) 878-4094 for more information.</p> <p>The location of the class is with the class name. A legend is at the bottom. If you have any questions on a specific class please call 817.878.4094 for the Women's Fitness Center and 817.878.4016 for the Men's Fitness Center.</p> <p>The classes highlighted in orange have a fee associated with them.</p>	<p>Yoga YS 10:15-11:15am Alexis Ackel</p> <p>Reformer Pilates: \$15/class \$144/12 classes \$240/24 classes <i>Everyone must have (3) catch up classes in order to take Reformer Pilates</i></p> <p>F.I.T. (Men or Women) \$6.25/single class \$50/8 classes \$85/unlimited classes <i>Reformer Pilates</i></p>