

Fitness Schedule Gym Hours Personal Training



MONDAY

- 6:15am Spin & HIIT with Lynn
- 8:15am Yoga with Scarlet
- 12:15pm Spin-n-sculpt with Lynn
- 5:30pm Alotta Tabata with Scarlet

TUESDAY

- 8:15 am Barre/PiYo – Mary Jo
- 12:15 pm Pilates with Scarlet

WEDNESDAY

- 8:15am Sculpting – Scarlet
- 6:15am Power Hour with Lynn
- *12:15pm Power Hour with Lynn

THURSDAY

- 8:15am PiYo – Mary Jo

FRIDAY

- 6:15am Spin & Circuit with Lynn
- 8:15 am Pilates with Scarlet
- *12:15pm Spin & Circuit with Lynn

* All classes vary in intensity. Exercise at your level.

600 West Salisbury Street, Suite A
Asheboro, NC 27203
Phone: 336-629-6397

GYM HOURS

Monday & Wednesday: 6am to 8pm
Friday: 6am to 5pm
Tuesday & Thursday: 8am to 8pm
Saturday: 9am to 1pm



Personal Training with Lynn

1 – Hour Session: \$40.00

6 – ½ Hour Sessions: \$120

12 – ½ Hour Sessions: \$240

