

JAN- 2020

3859 Hoyer Rd
 Jackson, MI
 Centerlakefitness.com
 517.748.6123

CENTER LAKE FITNESS

We are here to encourage you & help you develop a LIFESTYLE of good health & fitness HABITS. We believe that this happens through working TOGETHER! We would love to see you join our incredible gym FAMILY!

Pricing:
 \$10- per class
 \$95- Monthly Unlimited
 \$70- 10 class punchcard

SUN MON TUE WED THU FRI SAT

				01		02		03		04	
				6:15pm Pound/ Abs & Assets Combo 7:15pm Filthy 50		6:15pm ChiZel 7:15pm CrossFit		8:30am Filthy 50		8:30am Filthy 50	
05		06		07		08		09		10	
5:30am CrossFit 8:30am TurboKick 9:45am Abs & Assets 5:15pm Cardio Tabata 6:15pm Zumba 7:15pm CrossFit		5:30am CrossFit 8:30am Cardio Tabata 9:45am AG Yoga 5:15pm CrossFit 6:15pm TurboKick 7:15pm ChiZel		4:30pm BUNGEE 6:15pm Pound/ Abs & Assets Combo 7:15pm Filthy 50		5:30am CrossFit 8:30am Strength Tabata 9:45am AG Yoga/Restorative 5:15pm CrossFit 6:15pm BOUNCE! 7:15pm HIIT		5:30am CrossFit 8:30am AG Suspension 9:45am BARRE		7:15am Olympic Lifting 7:15am Feet Up 8:30am ChiZel 9:45am Zumba 11am BUNGEE	
12		13		14		15		16		17	
5:30am CrossFit 8:30am TurboKick 9:45am Abs & Assets 5:15pm Cardio Tabata 6:15pm Zumba 7:15pm CrossFit		5:30am CrossFit 8:30am Cardio Tabata 9:45am BARRE 5:15pm BARRE 6:15pm TurboKick 7:15pm CrossFit		6:15pm Pound/ Abs & Assets Combo 7:15pm Filthy 50		5:30am CrossFit 8:30am BARRE 5:15pm CrossFit 6:15pm Zumba 7:15pm HIIT		5:30am CrossFit 8:30am BARRE		7:15am Olympic Lifting 8:30am ChiZel 9:45am Zumba	
19		20		21		22		23		24	
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26		27		28		29		30		31	
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