

FEB-2020

CENTER LAKE FITNESS

3859 Hoyer Rd
 Jackson, MI
 Centerlakefitness.com
 517.748.6123

Pricing:
 \$10- per class
 \$95- Monthly Unlimited
 \$70- 10 class punchcard
 \$15- Bungee 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!

SUN MON TUE WED THU FRI SAT

01

8am ChiZel
 9:15am- 10:30am
 10 YEAR
 Anniversary ZUMBA
 11am BUNGEE

02

5:30am CrossFit
 8:30am Kettlebell
 6pm Zumba
 7:15pm BARRE
 7:15pm Olympic Lifting

03

5:30am CrossFit
 8:30am ChiZel
 9:45am AG Yoga
 6pm TurboKick
 7:15pm CrossFit

04

4:45pm BUNGEE
 6pm HIIT
 7:15pm Kettlebell

05

5:30am CrossFit
 8:30am Pwr Tabata
 9:45am Feet Up/ AG Restorative
 6pm JUMPS
 7:15pm CrossFit

06

5:30am CrossFit
 8:30am AG
 Suspension
 9:45am BARRE

07

7:15am Olympic Lifting
 7:15am BARRE
 8:30am ChiZel
 9:45am Zumba
 11am BUNGEE

08

09

5:30am CrossFit
 8:30am Kettlebell
 6pm Zumba
 7:15pm BARRE
 7:15pm Olympic Lifting

10

5:30am CrossFit
 8:30am ChiZel
 9:45am AG
 Yoga/Restorative
 6pm TurboKick
 7:15pm CrossFit

11

4:45pm BUNGEE
 6pm Pound/ Abs & Assets Combo
 7:15pm Kettlebell

12

5:30am CrossFit
 8:30am Pwr Tabata
 9:45am Feet Up/ AG Restorative
 6pm JUMPS
 7:15pm CrossFit

13

5:30am CrossFit
 8:30am AG
 Suspension
 9:45am BARRE

14

7:15am Olympic Lifting
 7:15am BARRE
 8:30am ChiZel
 9:45am Zumba
 11am BUNGEE

15

16

5:30am CrossFit
 8:30am Kettlebell
 6pm Zumba
 7:15pm BARRE
 7:15pm Olympic Lifting

17

5:30am CrossFit
 8:30am ChiZel
 9:45am AG
 Yoga/Restorative
 6pm TurboKick
 7:15pm CrossFit

18

4:45pm BUNGEE
 6pm Pound/ Abs & Assets Combo
 7:15pm Kettlebell

19

5:30am CrossFit
 8:30am Pwr Tabata
 9:45am Feet Up/ AG Restorative
 6pm JUMPS
 7:15pm CrossFit

20

5:30am CrossFit
 8:30am AG
 Suspension
 9:45am BARRE

21

7:15am Olympic Lifting
 7:15am BARRE
 8:30am ChiZel
 9:45am Zumba
 11am BUNGEE

22

23

5:30am CrossFit
 8:30am Kettlebell
 6pm Zumba
 7:15pm BARRE
 7:15pm Olympic Lifting

24

5:30am CrossFit
 8:30am ChiZel
 9:45am AG
 Yoga/Restorative
 6pm TurboKick
 7:15pm CrossFit

25

4:45pm BUNGEE
 6pm Pound/ Abs & Assets Combo
 7:15pm Kettlebell

26

5:30am CrossFit
 8:30am Pwr Tabata
 9:45am Feet Up/ AG Restorative
 6pm JUMPS
 7:15pm CrossFit

27

8:30am BARRE

28

7:15am BARRE
 8:30am ChiZel
 9:45am Zumba

29