



November Small Group Training Schedule

All sessions are 45 minutes unless otherwise noted.
 \$25/session for members. \$35/session for non-members.

Monday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1 Balance Focus @ 4pm w/ Kyla	2	3 General Training @ 6am w/ Susan	4
5	6	7 Balance Focus @ 7am w/ Randall	8	9	10 General Training @ 6am w/ Susan	11
12	13	14 Balance Focus @ 7am w/ Randall	15	16	17 General Training @ 6am w/ Susan	18 Upper Body Focus @ 9am w/ Kyla Lower Body Focus @ 10am w/ Kyla
19	20	21 Core/Pelvic Floor Focus @ 7am w/ Kyla Balance Focus @ 7am w/ Randall	22	23	24 General Training @ 6am w/ Susan	25
26	27 Flexibility Focus @ 4pm w/ Kyla	28 Balance Focus @ 7am w/ Randall	29	30	1 General Training @ 6am w/ Susan	2

To book your spot in any Small Group Training Sessions please reach out directly to the personal trainer running the session & provide your full name!

Susan Ahlers

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