

Functional Training Room #4

May 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open Room 5:00am-11:45am TRX Extreme 12:00pm-12:30pm Liz Open Room 12:30pm-8:00pm	Open Room 5:00am-7:30am TRX Extreme 7:45am-8:15am Pam Open Room 8:15am-5:30pm TRX Power Hour 5:30pm-6:30pm Kristie Open Room 6:30pm-8:00pm	Open Room 5:00am-8:00pm	Open Room 5:00am-7:30am TRX Express 7:45am-8:15am Pam Open Room 8:15am-10:15am BootCamp 10:30am-11:15am Lynn Open Room 11:15am-5:30pm TRX Power Hour 5:30pm-6:30pm Kristie Open Room 6:30pm-8:00pm	Open Room 5:00am-9:00am Stretch 9:15am-10:00am Liz BootCamp 10:45am-11:30am Lori Reserved 12:00pm-1:00pm Open Room 1:00pm-8:00pm	Open Room 6:30am-3:00pm	Open Room 8:00 am-3:00pm



Wellness & Fitness Centers

OPEN ROOM– Members are allowed to utilize this room for workouts. Please limit the amount of people in the room to 10 individuals for social distancing.

Classes are marked in **RED**. During these times the room is reserved for the class.

TRX-Class sizes are limited. Sign up for the classes are at the front desk and available 1 hour before the class begins.

****Please clean and put all equipment away in the room after use***

For additional information, please call 239-624-2750 or email Ryan.Canada@nchmd.org

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