


******PT PLUS GROUP FITNESS SCHEDULE******

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5AM-9PM	5AM-9PM	5AM-9PM	5AM-9PM	5AM-9PM	7AM-3PM
	5:15am Tracy HIIT		5:15am Tracy HIIT		
	7:30am Mary Core & Flex		7:30am Mary Core & Flex		
8:15am Deb Fit+	8:15am Deb Cycle 45	8:15am Karla Fit+	8:15am Deb Cycle 45	8:15am Karla Fit+	8:30am Spinning®/cycle
	9:30am Karla SilverSneakers® Classic		9:30am Karla SilverSneakers® Classic	9:30am Karla Fit+ for Seniors	9:30am Karla Yoga
	10:20am Karla SilverSneakers Yoga		10:20am Karla SilverSneakers Yoga	2nd and 4th Friday of Month	
	11:00am-11:45am Karla SilverSneakers® Classic		11:00am-11:45am Karla SilverSneakers® Classic		
	5:30pm Eleisha Spinning®		5:30pm Kim Spinning®		
	6:30pm Danette Toning Aerobics		6:30pm Danette Toning Aerobics		
<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="width: 60%;"> <p>Sunday Hours: CLOSED</p> </div> <div style="width: 35%; text-align: center;">  <p>Like us on Facebook @PTPlus (231) 592-0027</p> </div> </div>					

*Minimum of 4 people needed for a class to run. Instructors choice to run with less.