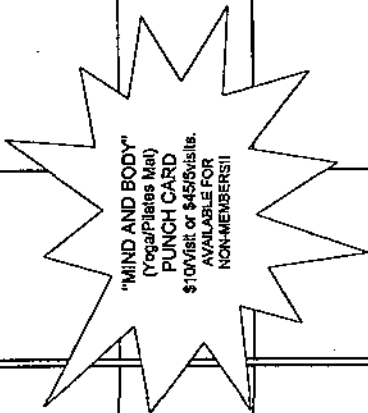
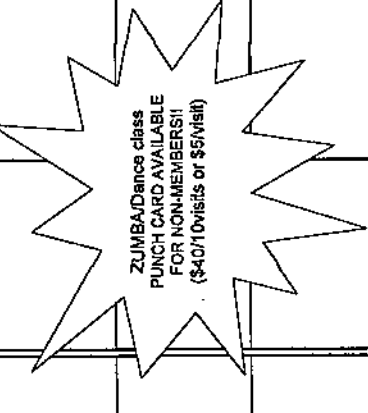
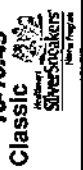
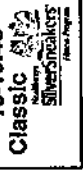
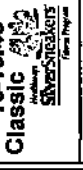
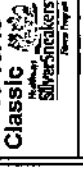


Take Charge Fitness 2023 Class Schedule

	Monday		Tuesday		Wednesday		Thursday		Friday	
	Big Studio	Mind & Body Room	Big Studio	Mind & Body Room	Big Studio	Mind & Body Room	Big Studio	Mind & Body Room	Big Studio	Mind & Body Room
7:00										
8:00			 <p>"MIND AND BODY" (Yoga/Pilates Mat) PUNCH CARD \$10/visit or \$45/visits. AVAILABLE FOR NON-MEMBERS!!</p>				 <p>ZUMBA/Dance class PUNCH CARD AVAILABLE FOR NON-MEMBERS!! (\$40/10visits or \$5/visit)</p>			
9:00	9-9:50				9-9:50				9-9:50	
	B.S.P.				B.S.P.				B.S.P.	
10:00	10-10:45		10-10:45		10-10:45		10-10:45		10-10:50	
	 <p>Classic SilverStreakers Fitness Program</p>		 <p>Classic SilverStreakers Fitness Program</p>		 <p>Classic SilverStreakers Fitness Program</p>		 <p>Classic SilverStreakers Fitness Program</p>		Line	
11:00			11:05-11:50		11-11:50		11:05-11:50		Dance	
			Chair Yoga		Line Dance		Chair Yoga			



Hours of Operation
 Monday - Thursday
 7:00 am - 7:00 pm
 Friday
 7:00 am - 6:30 pm
 Saturday & Sunday
 Closed

www.takechargefitnessprogram.com
 1921 N. Charles Seivers Blvd
 P.O. Box 916
 Clinton, TN 37717
 Phone: (865) 457-8237

REFORMER CLASSES AVAILABLE WITH SPECIAL FEE. PLEASE ASK AT THE DESK

4:00		4:15-5 PILATES MAT		4:15-5 PILATES MAT						
5:00		5:30-6:15 ZUMBA		5:15-6:05 PM EXERCISE					5:30-6:15 ZUMBA	
6:00				5:45-6:35 YOGA						