

# FUNCTIONAL FITNESS ROOM

## FREE CIRCUITS AVAILABLE IN THE NEW FUNCTIONAL FITNESS ROOM:

*Let our trained instructors guide you in learning how to use the equipment for a safe, effective workout!*

*Just stop in anytime during below hours and check it out.*

***Members = FREE to attend***

***Non-members = \$5.00 drop in fee OR 10 hour punch card for \$50.00***

Monday	Tuesday	Wed.	Thurs.	Friday
	<b>8:45 – 9:45 am</b> <i>Andrea</i>		<b>8:45 – 9:45 am</b> <i>Andrea</i>	
	<b>5:00 – 6:00 pm</b> <i>Jena</i>		<b>5:00 – 6:00 pm</b> <i>Jena</i>	

**Functional Fitness Room is available for individuals to use anytime Y is open.**

**Schedule Effective:**

**Begins January 7th**

**\*Subject to Change**