

CTA-CHAMPION FITNESS MARCH

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | SATURDAY |
|---|----------------------------------|-------------------------------|----------------------------------|--|
| | | | NEW CLASS on THURSDAYS!! | 2 8:00AM TRX: RH 9:00AM TRX: RH |
| 4 5:45 Total Body Workout: BR | 5 5:30 Cycle Heat: BR | 6 6:00PM Zumba: JF | 7 5:45PM Insanity: TL | 9 8:00AM TRX: RH 9:00AM TRX: RH |
| 11 5:45 Total Body Workout: BR | 12 5:30 Cycle Heat: BR | 13 6:00PM Zumba: JF | 14 5:45PM Insanity: TL | 16 8:00AM TRX: RH 9:00AM TRX: RH |
| 18 5:45 Total Body Workout: BR | 19 5:30 Cycle Heat: BR | 20 6:00PM Zumba: JF | 21 5:45PM Insanity: TL | 23 8:00AM TRX: RH 9:00AM TRX: RH |
| 25 5:45 Total Body Workout: BR | 26 5:30 Cycle Heat: BR | 27 6:00PM Zumba: JF | 28 5:45PM Insanity: TL | 30 8:00AM TRX: RH 9:00AM TRX: RH |

INSTRUCTORS: Brianna Rodavich (BR), Jessica Florian (JF), Rob Houston (RH), Tiffany Leiseth

Please see our FB page for updates and/or changes. [CTA-champion fitness exercise/health](#)

Please call (304) 291-3547 or visit our website for more info! www.ctahighflyers.com

PUNCH CARDS \$50+tax/10 CLASSES: TOTAL BODY, ZUMBA, INSANITY, PRIVATE GYM & CARDIO ROOM = 1 PUNCH.

CYCLE HEAT= 2 PUNCHES. TRX= 3 PUNCHES.