



Move 2 Win Classes & Events EAST LAKEVIEW



Watch for an email from us once a week to enter for a GOLD MEDAL Personal Training Session!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
GET READY	GET SET	MOVE IT	OR LOSE IT	I ♥ Rate Training Jakki 2nd Floor 5:00-5:45pm	Strength and Conditioning Mike 1st Floor 4:30-5:30pm	Kick-Butt Kettlebells Julia 2nd Floor 11:30am-12:30pm
Strength and Conditioning Mike 1st Floor 5:00-6:00pm	Try MOTIV8 6:15-7:00am	HIIT Training Taylor GF Studio 2 12:00-12:30pm	I ♥ Rate Training Jakki GF Studio 2 11:15-11:45am	I ♥ Rate Training Jakki 2nd Floor 5:00-5:45pm	Strength and Conditioning Mike 1st Floor 4:30-5:30pm	Kick-Butt Kettlebells Julia 2nd Floor 11:30am-12:30pm
Strength and Conditioning Mike 1st Floor 5:00-6:00pm	Try CHISEL 5:45-5:30pm	HIIT Training Taylor GF Studio 2 12:00-12:30pm	I ♥ Rate Training Jakki GF Studio 2 11:15-11:45am	I ♥ Rate Training Jakki 2nd Floor 5:00-5:45pm	Strength and Conditioning Mike 1st Floor 4:30-5:30pm	Kick-Butt Kettlebells Julia 2nd Floor 11:30am-12:30pm
Strength and Conditioning Mike 1st Floor 5:00-6:00pm	Try ZUMBA 6:30-7:15pm	HIIT Training Taylor GF Studio 2 12:00-12:30pm	I ♥ Rate Training Jakki GF Studio 2 11:15-11:45am	I ♥ Rate Training Jakki 2nd Floor 5:00-5:45pm	Strength and Conditioning Mike 1st Floor 4:30-5:30pm	Kick-Butt Kettlebells Julia 2nd Floor 11:30am-12:30pm
Strength and Conditioning Mike 1st Floor 5:00-6:00pm	Try SPINNING 6:30-7:00pm	HIIT Training Taylor GF Studio 2 12:00-12:30pm	I ♥ Rate Training Jakki GF Studio 2 11:15-11:45am	*BOLD denotes EXCLUSIVE M2W GOLD MEDAL CHALLENGE Group Personal Training*		

Visit [FFC.COM/M2W](https://www.ffc.com/m2w) to register and view complete rules.