

FITNESS SCHEDULE

Sonny Montgomery Fitness Center

Monday

0915: TRX HIIT WITH KRISTEN

1100: STRENGTH TRAINING WITH TANISHA

1600: HIIT WITH TANISHA

Tuesday

0915: UPPER BODY & CORE WITH JENNI

1100: STRENGTH TRAINING WITH TANISHA

1600: STRENGTH TRAINING WITH TANISHA

1630: YOGA WITH RYAN

Wednesday

0915: SPIN CLASS WITH KRISTEN

1100: STRENGTH TRAINING WITH TANISHA

1200: YOGA WITH RYAN

1600: HIIT WITH TANISHA

Thursday

0915: LOWER BODY & CORE WITH JENNI

1100: STRENGTH TRAINING WITH TANISHA

1600: STRENGTH TRAINING WITH TANISHA

Friday

0915: FITT FRIDAYS WITH KRISTEN

1100: HIIT WITH TANISHA