






















Fit Zone

45-min Small Group Personal Training

Fit Zone 4-pack: \$44 (member) / \$60 (nonmember)

Fit Zone 8-pack: \$80 (member) / \$104 (nonmember)

Time / Weekday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15am		Craig 	Jonathan 	Meredith 		
6:15am	Meredith 		Meredith 			
7:00am						Meredith 
8:00am	Meredith 		Meredith 		Meredith 	
9:00am	Meredith 	Meredith 	Meredith 	Meredith / Shelly 	Meredith 	
9:15am						Meredith 
10:00am	Shelly 					
12:00pm						
4:00pm	Craig 					
5:00pm			Jonathan 			
6:15pm	Anthony 	Craig 		Anthony 		



Senior FIT



FIT Strength

Classes require enrollment through our punch pass system on the West Wood app. If you are interested in trying a class or joining us, please reach out to either the staff at the Fitness Desk on the second floor or the Service Desk located on the first floor for more information.



PROHEALTH WEST WOOD HEALTH & FITNESS CENTER