













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 | | | | | | |
| 7:00am | | | | | | |
| 8:00am | Meredith  | | | | Meredith  | |
| 9:00am | Meredith  | | Meredith  | | | |
| 9:15am | | | | | | Meredith  |
| 12:00pm | | | | | | |
| 4:00pm | Craig  | | | | | |
| 5:00pm | | | Jonathan  | | | |
| 6:15pm | Anthony  | Jonathan  | | Anthony  | | |

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