

fitness nutrition wellness



THE FITNESS SHACK

fitness SCHEDULE

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www.fitnesssylvania.com

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
6:00 AM	Hot Vinyasa 1 hour <i>Michelle Zydorczyk</i>	6:00 AM	Row HIIT 1 hour <i>David Faulkner</i>	6:30 AM	Row Strength 30 min. <i>David Faulkner</i>	6:30 AM	Row Strength 30 min. <i>David Faulkner</i>	6:30 AM	Row Strength 30 min. <i>David Faulkner</i>	7:00 AM	Circuit Training 1 hour <i>David Faulkner</i>		
7:00 AM	Row SCULPT 1 hour <i>David Faulkner</i>	7:00 AM	Row HIIT 1 hour <i>David Faulkner</i>	7:00 AM	Row SCULPT 1 hour <i>David Faulkner</i>	7:00 AM	Row HIIT 1 hour <i>David Faulkner</i>	7:00 AM	Row SCULPT 1 hour <i>David Faulkner</i>	7:00 AM	Road Warrior 1 hour <i>Scott Pillarelli</i>	8:15 AM	Row HIIT 1 hour <i>David Faulkner</i>
8:00 AM	Road Warrior 45 min. <i>Tracey Wheeler</i>	8:15 AM	Total Body Sculpt 45 min. <i>Kim Ellis</i>	8:00 AM	Road Warrior 1 hour <i>Hollie Mounjie</i>	8:00 AM	Total Body Sculpt 45 min. <i>Joy McKarus</i>	8:00 AM	Road Warrior 1 hour <i>Tracey Wheeler</i>	8:00 AM	Iron Vinyasa 1 hour <i>Michelle Zydorczyk</i>	9:15 AM	Restorative Row unlimited time <i>No Instructor</i>
8:50 AM	Total Body Sculpt 1 hour <i>Tracey Wheeler</i>	9:30 AM	Hot Vinyasa 1 hour <i>Katya Seymour</i>	9:30 AM	Vinyasa Yoga 1 hour <i>Sasha Wilson</i>	10:00 AM	Open Gym until 12:00 PM	9:00 AM	Row HIIT 1 hour <i>David Faulkner</i>	9:00 AM	Restorative Row 1 hour <i>David Faulkner</i>	11:00 AM	Breaking Down Buti 1 hour <i>Renee Mason</i>
		10:30 AM	Open Gym until 12:00 PM	12:00 PM	Restorative Row 1 Hour <i>David Faulkner</i>	1:00 PM	Row HIIT 1 hour <i>David Faulkner</i>	12:00 PM	Restorative Row 1 Hour <i>David Faulkner</i>	9:30 PM	Buti SCULPT 25 min. <i>Michelle Zydorczyk</i>		
12:00 PM	Restorative Row 1 hour <i>David Faulkner</i>	1:00 PM	Row HIIT 1 hour <i>David Faulkner</i>	2:00 PM	Open Gym until 4:00 PM	5:00 PM	Row Strength 30 min. <i>David Faulkner</i>	2:00 PM	Open Gym until 4:00 PM	10:00 AM	Buti Yoga 1 hour <i>Katya Seymour</i>		
2:00 PM	Open Gym until 4:00 PM	5:00 PM	Row Strength 30 min. <i>David Faulkner</i>			5:30 PM	Row SCULPT 1 hour <i>David Faulkner</i>			11:00 AM	Prenatal Yoga 80 min. <i>Dr. Renée Mason</i>		
4:00 PM	Row HIIT 1 hour <i>David Faulkner</i>	5:30 PM	Row HIIT 30 min. <i>David Faulkner</i>	5:00 PM	30 Minute HIIT 30 min. <i>Renée Mason</i>	6:00 PM	Hot Vinyasa Yoga 1 hour <i>Michelle Zydorczyk</i>	4:30 PM	Road Warrior 1 hour <i>Scott Pillarelli</i>				
5:00 PM	30 Minute HIIT 30 min. <i>Renée Mason</i>	6:00 PM	Buti SCULPT 30 min. <i>Michelle Zydorczyk</i>	5:00 PM	Road Warrior 1 hour <i>Scott Pillarelli</i>	6:30 PM	Total Body Sculpt 1 hour <i>Renée Mason</i>	5:00 PM	30 Minute HIIT 30 min. <i>Renée Mason</i>				
5:00 PM	Hot Road Warrior 1 hour <i>Scott Pillarelli</i>	6:30 PM	Iron Vinyasa 30 min. <i>Michelle Zydorczyk</i>	6:00 PM	Buti Yoga 1 hour <i>Katya Seymour</i>	7:00 PM	Hot Buti Yoga 1 hour <i>Michelle Zydorczyk</i>	5:30 PM	Buti Yoga 1 hour <i>Michelle Zydorczyk</i>				
6:00 PM	Gentle Yoga 1 hour <i>Sasha Wilson</i>	7:00 PM	Balance/Kickboxing 30 min. <i>Michelle Zydorczyk</i>	7:15 PM	Prenatal Yoga 80 min. <i>Dr. Renée Mason</i>								
7:00 PM	Hot Buti 1 hour <i>Sasha Wilson</i>	7:45 PM	Shack Attack 1 hour <i>Andy Sprenger</i>			7:45 PM	Shack Attack 1 hour <i>Andy Sprenger</i>						

Classes

Drop-in \$12.00

Five Classes \$50.00

Ten Classes \$85.00

Twenty-Five Classes \$175.00
classes good one year from purchase

One Month Unlimited \$110.00
Three Month Unlimited \$250.00
Student Unlimited Month \$75.00

Sign up for classes with

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Please register for all rowing and cycling classes as we have limited space. There is a two window for cancellation for these classes.

ALIGN YOUR MIND, BODY, AND SOUL UNDER ONE ROOF. THE FITNESS SHACK WILL PARTNER WITH YOU IN ACHIEVING OPTIMAL FITNESS THROUGH PROVEN STRATEGIES OF FITNESS TRAINING, NUTRITIONAL CHOICES AND POSITIVE REINFORCEMENT.