



# Winter Weekly Group Fitness Class Schedule

320 west main street | ashland, wisconsin 54806

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We love new students and area visitors!

Jan 1 - April 30, 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday												
HardCORE XPRESS* 12:00PM- 12:30PM Mari	Spin 5:30AM - 6:15AM Jenell	Biker BALL 5:30AM - 6:30AM Jenell	Lengthen & Strengthen 6:30AM - 7:15AM Judy	Spin 5:30AM - 6:30AM Jenell	Barre 6:45AM-7:30AM Mari	Body Pump 9:00 AM- 10:00AM Mari												
Beginner Insanity™ XPRESS* 4:30PM - 5:00PM Mari	PiYo Strength™ 6:15AM - 7:00AM Mari	Cycle & Core 8:45AM - 9:45AM Jenifer	Jungle Gym 12:00PM - 12:45PM Hanna L	Barre™ 12:00pm-12:45pm Mari	POUND 8:00AM- 9:00AM Angela L	Cycle Circuit 10:15AM -11:15AM Owen												
Spin 5:15PM - 6:15PM Latricia *Ends 1/23 resumes 4/17	PiYo Strength™ 12:00PM - 12:45PM Hanna L	Lunch Spin 12:00pm-12:45pm Megan	Body Pump 4:45PM - 5:30PM Melissa	Jungle Gym 5:15PM - 6:00PM Hanna L	PiYo Strength 10:00AM - 11:00AM Hannah	Spin 11:45PM- 12:45PM Patti												
Spin - begins 1/23 5:00PM - 5:45PM Megan		Butts n' Guts XPRESS* 4:30PM - 5:00PM Judy					Spin 5:00PM - 5:45PM Becky											
Row X 5:15PM - 6:00PM	Stability Ball XPRESS 4:30PM -5:00PM Melissa	Spin 5:00PM -5:45PM Tami	Spin 5:00PM - 5:45PM Becky	<b>FITNESS FRIDAYS</b> 6:15PM - 7:00PM Added when possible  We recommend you reserve classes online to secure a spot ignitefitnessstudio.com to register!!  Drop-ins are welcome, space permitting.	Be sure to check the schedule weekly for additional classes that we will try to add as instructor schedules allow!	Retrocize 6:30PM - 7:15PM Angie R Jan 8 - 29 - 4 week series												
Cardio Cycle 45 6:00PM - 6:45PM Angie R *Begins Feb 6th	Biker Barre 5:15PM - 6:00PM Hanna L	Amazing Arms XPRESS* 5:15PM -5:45PM Mari	POUND 5:45PM-6:45PM Angela L															
PiYo Strength™ 6:15PM - 7:15PM Hannah	Strongboard Circuit 5:15- 6:00PM Tami	CIZE™ 6:00PM - 6:45PM Melissa	Ride N Row 6:00-6:45PM Latricia	<b>CLASS PRICING</b> <table border="1"> <tr> <td><b>1 class</b></td> <td><b>\$8</b></td> </tr> <tr> <td><b>5 classes</b></td> <td><b>\$40</b></td> </tr> <tr> <td><b>10 classes</b></td> <td><b>\$70</b></td> </tr> <tr> <td><b>20 classes</b></td> <td><b>\$134</b></td> </tr> <tr> <td><b>*XPRESS Classes</b></td> <td><b>\$5</b></td> </tr> <tr> <td colspan="2"><b>*also available in 4-packs</b></td> </tr> </table>			<b>1 class</b>	<b>\$8</b>	<b>5 classes</b>	<b>\$40</b>	<b>10 classes</b>	<b>\$70</b>	<b>20 classes</b>	<b>\$134</b>	<b>*XPRESS Classes</b>	<b>\$5</b>	<b>*also available in 4-packs</b>	
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Visit www.ignitefitnessstudio.com to see class descriptions and to schedule your classes.	Cardio XFit Training 6:15PM - 7:00PM Matt	Cardio Cycle 45 6:00PM - 6:45PM Angie R *Ends Feb 2nd, resumes April 19	Class descriptions on the back side of schedule! Or visit ignitefitnessstudio.com															
	Madeline Island Half Training Group - Mari Begins Feb 28th Pre-registration required	Men's Spin Series 6:15PM - 7:15PM Latricia (pre-registration required) Begins Feb 8																



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