

September Fitness Schedule - HIIT STUDIO Only



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	Fall Boot Camp 6:30 - 7:30 AM Thor Knutson HIIT Studio		Fall Boot Camp 6:30 - 7:30 AM Thor Knutson HIIT Studio
Olympic Weightlifting - All Levels 5:30 - 6:30 PM Nico Rithner HIIT Studio NEW SERIES STARTS 9/7		Olympic Weightlifting - All Levels 5:30 - 6:30 PM Nico Rithner HIIT Studio NEW SERIES STARTS 9/9	

FACILITY CLOSURE WEEK IS 9/20 - 9/26 THERE WILL BE NO FITNESS CLASSES

REGISTRATION

Registration begins 4 weeks before the start of the class. You must pre-register for all classes with the help of Grand Park Community Recreation Center. Cancellations

Registration begins 1 week prior to the next month of classes. You must register online, by app or with the help of Guest Services before attending class. Cancellations within 24 hours of the start of class result in a \$5 fee. No refunds after the start of class will be issued.

FITNESS CLASS SIGN IN