

Transformation Workout Schedule



Goality Fitness

Monday/Wednesday

Class	Time
Early Raisers	7am
TRX	8,9am,1,4:30,5:30pm
Yoga	6:30pm

Tuesday/Thursday

Class	Time
Shape & Tone	8,9am,1,4:30,5:30pm
Senior Fitness	10am

Friday

Class	Time
Early Raiser	7am
Cardio Boxing	8,9am,1,4:30,5:30pm

Saturday

Class	Time
Boot Camp	8am

Fight Fit

Monday

Class	Time
Cardio Fit	7:15pm, 8:15pm

Tuesday

Class	Time
Flirty Girl or Zumba	6:30pm
Ripped Abs	7:30pm

Thursday

Class	Time
Boot Camp	8:10pm

Saturday

Class	Time
Kickboxing/ Boxing	9:15am every other Sat.

Workouts change as your progress changes. The TRX tool can be used at any time. Classes can be arranged for hours not listed. Just ask. 100% Money Back Guarantee.

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