



GROUP FITNESS SCHEDULE

REGISTER FOR A CLASS ON THE CORETEN FITNESS APP

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12 - 12:50 PM DYNAMIC FITNESS WITH REBECA	12 - 12:50 PM BARRE WITH JANE	12 - 12:50 PM DYNAMIC FITNESS WITH REBECA	12 - 12:50 PM BARRE WITH JANE	10:30 - 11 AM *LOW IMPACT CARDIO WITH REBECA	8:30 - 9 AM *INTRO TO SPIN WITH MICHELE
12 - 12:50 PM YOGA WITH JANE	12 - 12:50 PM DYNAMIC FITNESS WITH PAYNE	12 - 12:30 PM *CHAIR YOGA WITH JANE	12 - 12:50 PM SPIN WITH MICHELE	12 - 12:50 PM PLYOMETRICS WITH REBECA	
5:30 - 6:15 PM SPIN WITH MICHELE	5:30 - 6:15 PM SPIN WITH MICHELE	5:30 - 6:15 PM SPIN WITH MICHELE			

45-50 MIN CLASS: \$15
*30 MIN CLASS: \$5

MORNING AFTERNOON EVENING

DOWNLOAD CORETEN FITNESS APP ON THE APP STORE OR GOOGLE PLAY

INTERESTED IN PERSONAL TRAINING? CONTACT US!

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