

Active Fitness Center  
 436 Central Ave.  
 Oak Hill, WV 25901  
 Phone: (304) 465-0700  
 Fax: (304) 465-8551



# October 2013

## Group Fitness Schedule

**Hours of Operation:**  
 M-Th: 6am-10pm  
 Fri: 6am-8pm  
 Sat: 8am-3pm  
 Sun: 11am-3pm

**Childcare Available:**  
 M/W/F: 8:00am-11:30 am  
 Tues/Thurs: 8:00am-12:30 am  
 M-F: 4:30pm-7:30pm  
 Sat: 8:00am-11:00am

**DON'T FORGET, POOL MEMBERSHIPS ARE STILL AVAILABLE!**  
 We have partnered with the Holiday Lodge to offer pool usage. Ask for details at the Front Desk.  
 Great for therapy!

Day	9:00 am	10:00 am	11:30 am	12:30 pm	5:30 pm	6:30 pm	7:30 pm
Monday	Forever Fit w/ Cathy	Therapeutic Yoga w/ Erin	Forever Fit w/ Cathy	Classic w/ Erin Silersneakers®	Zumba w/ Kayla	New Class Spin w/ Tug	New Class PILOXING w/ Mandy
Tuesday	Forever Fit w/ Cathy	Back Care Basics w/ Kristen	Forever Fit w/ Cathy	Circuit w/ Ashley Silersneakers®	R.I.P.P.E.D. w/ Ashley	New Class Spin w/ Tug	New Class PILOXING w/ Mandy
Wednesday	Forever Fit w/ Cathy	Back Care Basics w/ Kristen	Forever Fit w/ Cathy	Yoga w/ Ashley Silersneakers®	Zumba w/ Kayla	New Class Spin w/ Tug	New Class PILOXING w/ Mandy
Thursday	Forever Fit w/ Cathy	Back Care Basics w/ Kristen	Forever Fit w/ Cathy	Circuit w/ Staci Silersneakers®	R.I.P.P.E.D. w/ Ashley	New Class Spin w/ Tug	New Class PILOXING w/ Mandy
Friday	Forever Fit w/ Cathy	Back Care Basics w/ Kristen	Forever Fit w/ Cathy	Circuit w/ Staci Silersneakers®	Simply Splash at the Holiday Lodge	New Class Spin w/ Tug	New Class PILOXING w/ Mandy

Cross Training is a great way to condition different muscle groups, develop a new set of skills, vary your workouts, reduce injury and prevent burnout. The next time there is a line for the treadmill, head to the studio for a 500+ calorie-burning workout.