



| TIME | MON | TUES | WED | THUR | FRI | SAT |
|------------|--------------------|---------------|--------------------|------------------|----------------------------------|---------------|
| ⌚ 6:00 AM | Boot Camp+ | | Boot Camp+ | | Boot Camp+ | |
| ⌚ 8:00 AM | Step & Tone | Yoga | Step & Tone | Barre Pilates | Step & Tone | |
| ⌚ 9:00 AM | Build & Burn | Barre Pilates | Build & Burn | Restorative Yoga | Iron Yoga (Power Yoga + Weights) | Build & Burn |
| ⌚ 10:00 AM | Senior-cise* | | Senior-cise* | | Exercise to Music* | Barre Pilates |
| ⌚ 11:00 AM | Exercise to Music* | | Exercise to Music* | | | Yoga |
| ⌚ 6:00 PM | Build & Burn | Hip-Hop Step | TWRKIT | Barre Pilates | | |
| ⌚ 7:00 PM | Yoga | Zumba | Yoga | TWRKIT | | |

+ Must be registered as a separate class.

* Silver Sneakers or Silver Fit members only.

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