



IMPACT Fitness
White Rock
718 N. Buckner Blvd.
Dallas, Texas 75218
214/320-0000

August 2018
 Schedule is subject to change

gfxwr@4ifc.com

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am		<i>BL Spin</i> Veronica		<i>Spin</i> Cherie		
8:00am	<i>HITT Cycle</i> Cherie		<i>Spin</i> Pam		<u>Bike & Barre</u> Cherie	Muscle Mania Mary Ann
9:00am	Water W'out Cherie		Cardio Waves Jackie		Cardio Waves Jackie	Splash Dance Tricia
9:15am						<i>BL Spin</i> Mary Anne
9:15am	Muscle Flex Mary Ann	<u>Attitude</u> Cherie	P'wer O PUMP Pam	Yoga Flo Mel	<u>Ybarre</u> Michie	Yoga Sheri
10:30am	Fit For Life Mary Ann	FFL Flex 'D Cherryl	Fit For Life Cherryl	FFL S&S Tricia	Fit For Life Cherryl	Yoga Flo Sheri
12:00pm		Senior Sneakers Cherryl		Senior Sneakers Tricia		
<u>Barre</u> <u>Classes:</u>	<u>Barre:</u> <i>Lean & Chisel</i> 6pm	<u>Barre:</u> <i>Attitude</i> on the Barre 9:15am <i>Attitude</i> on the Barre 6:00pm			<u>Barre:</u> <i>Ybarre</i> 9:15am	
6:00pm	<i>BL Spin</i> Elizabeth		<i>BL Spin</i> Veronica			
6:00pm	<u>Lean & Chisel</u> Mary Ann	<u>Attitude</u> Cherie	 Holly	Rock Hard Elizabeth		
6:15pm	Cardio Waves Jackie		Water W'out Adrienne			
7:05pm	Muscle Mania Mary Ann	Yoga Sheri	Muscle Flex Elizabeth	Yoga Flo Kathleen		
	Club Hours				Kid's Club Hours	
Monday - Friday		5:00am - 11:00pm		Monday - Thursday	9:00am - Noon	4:30pm-8:00pm
Saturday		7:00am - 7:00pm		Friday	9:00am - Noon	5pm-7pm
Sunday		7:00am - 7:00pm		Saturday	8:00am - Noon	Closed
				Sunday & Holidays	Closed	Closed
