

# XGT CLASSES

SUITABLE FOR ALL LEVELS OF FITNESS!

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 AM	XGT	XGT	XGT	XGT	XGT	
8:30 AM	XGT		XGT		XGT	
9 AM						XGT
12 PM		XGT		XGT		
5:30 PM	XGT	XGT	XGT	XGT	XGT	
6:30 PM	XGT	XGT	XGT	XGT	XGT	

XGT is a new age approach to achieving amazing fitness results in a motivational group setting. Expert coaching and challenging programs delivered in an inspirational and motivating atmosphere create a rewarding fitness experience like no other!



**ZONE**  
HEALTH & FITNESS

