



February 2024

VOTED Best Fitness Gym in Wichita 2022 & 2023

www.clubhopefitness.com

Find us on Facebook at Club Hope_ict

Group Training

MONDAY

10:15a Group Training - Rebecca

6:00p Group Training - Cammie

TUESDAY

10:30a Survivor Group - Rebecca

WEDNESDAY

9:15a Group Training - Rebecca

6:00p Group Training - Rebecca

THURSDAY

10:30a Survivor Group - Rebecca

SATURDAY

9:00a Bootcamp - Rebecca

10:00a Bootcamp - Rebecca

Cycle Classes

Ranked in TOP 10
spin studios in Kansas

Monday 9:15a Rebecca

Tuesday 5:30p Brad

Wednesday 8:15a Rebecca

Friday 9:00a Rebecca

Saturday 9:00a 3-Barb

10-Dana

17-Dana

24-Barb

Restorative Yoga

Saturdays 2/3 & 2/17 @11:15a

Sundays 2/11 & 2/25 at 11:00a

Tuesdays 2/13 & 2/27 @1:00p

\$20 per session - Sign up in Club



Helping cancer survivors not
just SURVIVE but THRIVE

NEW Groups starting in
February - FREE to all survivors

LEAP DAY PARTY

Thursday @11:30a

February 29

Because when you have an extra day
spend it with those who matter...