



April 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
6-Barb
13-Dana
20-Dana
27-Barb

Restorative Yoga w/ Barb

Saturday 4/13 @ 11:15a

Tuesday 4/23 @ 1:00p

Modified Fitness

Cardio - Weights - Stretching
Monday & Friday @ 11:30a

Beginner Yoga w/ Marianna

Wednesdays @ 10:30a



Tuesdays @ 9a
New Survivor Group