



**May 2024**

VOTED Best Fitness Gym in Wichita 2022 & 2023

[www.clubhopefitness.com](http://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 - Barb  
Christi

### THURSDAY

10:30a Survivor Group - Rebecca

### SATURDAY

9:00a Bootcamp - Rebecca  
(Beginner)

10:00a Bootcamp - Rebecca

## Cycle Classes

Ranked in TOP 10  
spin studios in Kansas

**Monday 9:15a Barb**

**Tuesday 5:30p Brad**

**Wednesday 8:15a Christi**

**Friday 9:00a Barb**

**Saturday 9:00a 4-Barb  
11-Dana  
18-Dana  
25-TBA**

*Restorative Yoga  
w/ Barb*

**Pop Ups will Be Offered  
Sign up as an Individual**

## Modified Fitness

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

*Beginner Yoga w/ Marianna*

*Wednesdays @ 10:30a*



**Tuesdays @ 9a - NEW  
Cancer Survivor Group**