



July 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

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	6-Dana
		13-Dana
		20-Brad
		27-Barb

Restorative Yoga

Tuesdays - July 9 & 30 @1:00p

Saturday - July 27 @10:15

\$20 Drop In for 75 minute class

Beginner Chair Yoga

Wednesdays @ 10:30a

\$10 Drop In Fee

Free for cancer survivors



Tuesdays @ 9:30a

Thursdays @ 6p

New Groups Begin July 16

Massage by Stevie

Tuesday, July 9

\$50 per hour