



**August 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 - Rebecca

### THURSDAY

10:30a Survivor Group - Rebecca



Free Personal Training &  
Group Training offered at no  
cost to survivors.

## Cycle Classes

Ranked in TOP 10  
spin studios in Kansas

**Monday 9:15a Rebecca**

**Tuesday 5:30p Brad**

**Wednesday 8:15a Rebecca**

**Friday 9:15a Barb**

**Saturday 9:00a 3-Brad**

**10-Dana**

**17-Barb**

**24-Dana**

**31-Dana**

## Restorative Yoga

Tuesdays - Aug 13 & 27 @1:00p

Saturday - Aug 17 @10:00

\$20 Drop In for 75 minute class

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## Beginner Chair Yoga

Wednesdays @ 10:30a

\$10 Drop In Fee

Free for cancer survivors