



# September 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

9:30a Survivor 2.0

10:30a Survivor Group - Rebecca

### WEDNESDAY

9:15a Group Training - Rebecca

6:00p Group Training - Rebecca

### THURSDAY

10:30a Survivor Group - Rebecca

6:00p Survivor 2.0

### FRIDAY

10:15a Survivor 2.0

## 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	7-Dana
		14-Dana
		21-Barb
		28-Dana

## Restorative Yoga

Tuesdays - Sept 10 & 24 @1:00p

Saturday - Sept 21 @10:00a

\$20 Drop In for 75 minute class

## Beginner Chair Yoga

Free for cancer survivors

Wednesdays @ 10:30a

\$10 Drop In Fee

## Wellness Series

### Wellness with Watercolor

w/Aubrey Burnett

September 19 @ 11:30a

RSVP to reserve your spot

## Silver Sneakers

FREE With your Silver Sneakers Benefit

Monday	11:30	Classic
Wednesday	10:30	Yoga
Friday	11:30	Circuit