



October 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

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 5-Dana

12-Dana

19-Barb

26-Dana

Restorative Yoga

Tuesdays - Oct 9 @ 22 @1:00p
\$20 Drop In for 75 minute class

Beginner Chair Yoga

Wednesdays @ 10:30a

****NEW EVENING CLASSES****

Tuesdays @6:30p - Oct 8 & 22
\$10 Drop In Fee - Free for survivors

Free To Move

Stretch Sessions w/Amber

Wednesdays - 1:00p - 5:30p

Saturday - 11:00a - 1:00p

\$25 for 30 min- \$50 for 60 min

Silver Sneakers

FREE With your Silver Sneakers Benefit

Monday 11:30 Classic

Wednesday 10:30 Yoga

Friday 11:30 Circuit