



December 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 - Amber

THURSDAY

10:30a Survivor Group - Rebecca
6:00p Survivor 2.0

FRIDAY

10:15a **CARDIO HITT** - Rebecca
11:00a **STRETCH** - Amber

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	Dana

*Restorative Yoga
w/Marianna
& HanPan Dan
Dec 3 @6:30p*

*Restorative Yoga
Dec 17 @1:00p*

*Gentle Yoga
Wednesdays @10:30a*

Wednesday-Dec 10 at 6:30p

*Holiday Party
& Potluck
featuring Hanpan Dan
Thursday-Dec 19
11:30 am*

Club Hope will be closed 12/25 & 1/1

Silver Sneakers

FREE with your Silver Sneakers
Benefit or \$40/month

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