



March 2025

www.strongerthancancer.org

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

9:00a Survivor 2.0

10:30a Survivor Group - Rebecca

WEDNESDAY

9:15a Group Training - Rebecca

6:00p Group Training - Rebecca

THURSDAY

9:45a Survivor 2.0 - Christi

10:30a Survivor Group - Christi

6:00p Survivor 2.0

FRIDAY

10:15a **CARDIO HITT** - Rebecca

Cycle Classes

Monday 9:15a Rebecca

Tuesday 5:30p Brad

Wednesday 8:15a Rebecca

Friday 9:15a Barb

Saturday 9:00a Dana

Survive Thrive Live

Wellness Retreat for survivors
and their caregiver

March 7-8 @ Club Hope

Gentle Yoga

Wednesdays @ 10:30-11:30a

Free for survivors

\$10 drop in for anyone



Tuesdays - 9:30-10:30am

Thursdays - 6:00 - 7:00pm

Silver Sneakers

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

Monday 11:30 Classic

Wednesday 10:30 Yoga

Friday 11:30 Circuit