



April 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

10:30a Survivor Group - Rebecca

WEDNESDAY

9:15a Group Training - Rebecca

6:00p Group Training - Christi

THURSDAY

10:30a Survivor Group - Christi

6:00p Survivor 2.0 - Rebecca

Cycle Classes

Monday 9:15a Rebecca

Tuesday 5:30p Brad

Wednesday 8:15a Rebecca

Friday 9:15a Barb

Saturday 9:00a Dana/Barb

Pilates w/Christi

Thursdays at 9:00 am

\$10 drop in or

\$40 monthly

Gentle Yoga

Wednesdays @ 10:30-11:30a

Free for survivors

\$10 drop in for anyone

Silver Sneakers

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

Monday 11:30 Classic

Wednesday 10:30 Yoga

Friday 11:30 Circuit

Chair Massages

Thursday - April 24

11:30 - 12:30

FREE for Everyone...