

Equilibrium Fitness - 705 W. Buffalo St. New Buffalo, MI 49117

Summer Class Schedule: 7/15/18 - 8/1/18

Online Registration Required
<https://eqfitnessnb.ezfacility.com>

| Times (EDT) | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-------------|--------------------|--------------------|--------------------|--------------------|-------------------|---------------------------|-------------------|
| 5:00am | | | | | | | |
| 6:00am | | | | | | | |
| 7:00am | @ 7am (45 mins) | @ 7am | | @ 7am | | | |
| 8:00am | w/ Katie, 10 seats | w/ Katie, 10 spots | | w/ Katie, 10 spots | @ 8am | @ 8am Beach GT w/ Katie | |
| 9:00am | | | | | w/ Abby, 10 seats | NB Public Beach, 25 spots | |
| 10:00am | | | | | | | |
| 11:00am | | | | | | @ 11am | @ 11am |
| 12:00pm | | | | | | w/ Abby, 10 seats | w/ Abby, 10 seats |
| 1:00pm | | | | | | | |
| 2:00pm | | | | | | | |
| 3:00pm | | | | | | | |
| 4:00pm | | | | | | | |
| 5:00pm | | | | | | | |
| 6:00pm | | | | | | | |
| 6:30pm | | @ 6:30pm | @ 6:30pm (45 mins) | @ 6:30pm | | | |
| 7:00pm | | w/ Katie, 10 spots | w/ Katie, 10 seats | w/ Katie, 10 spots | | | |
| 7:30pm | | | | | | | |
| 8:00pm | | | | | | | |

| KEY |
|----------------|
| Spin Cycle |
| Group Training |

Maximum of 10/Minimum of 2 Participants - Pedals are Strap/SPD Compatible

Maximum of 10/Minimum of 2 Participants - Class is partially outdoors, please dress accordingly

Dates/Details July 15th - August 1st

Towels are Provided & Available for Purchase

We have a Water Cooler on Site, please bring your own bottle or purchase one at the Front Desk

Cost Members: \$10 per class or 12 classes for \$100 Non-Members: \$15 per class or 12 classes for \$150

Online Registration is Required, Walk-Ins will only be Accepted if Space is Available

You can Book or Cancel a Class Online up to One Hour before the Class Time

Classes will begin promptly and Require 1 hour Notice for Cancellation, otherwise they are Non-Refundable

Packages Never Expire, and can be Shared with other people (Including Non-Members and Kids 12+ yrs)