



SUMMER YOUTH SMALL GROUP TRAINING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING						
	High School Training Jordan 9:30 a.m. ■				High School Training Jordan 9:30 a.m. ■	
	Middle School Training Jordan 10:30 a.m. (30 min.)■	High School Training Randy I. 10:30 a.m. ■	Middle School Training Ali W. 10:30 a.m. (30 min.)■	High School Training Randy I. 10:30 a.m. ■		
MIDDAY						
		FIT Kids Ages: 7-10 yrs. Ali W. 1:00 p.m. (45 min.) ■		FIT Kids Ages: 7-10 yrs. Ali W. 1:00 p.m. (45 min.) ■		

FIT Kids: \$99 for 2 sessions/week for June, July, and August

Middle School Training: \$25 for 2 sessions/week for June, July, and August

High School Training: \$199 for the option of attending up to 4 sessions/week for June, July, and August

****\$5 Drop-In Rate for all of the above small group training sessions***

ALL specialty classes and small group training require an additional fee, some require advanced sign up.

Please see the front desk or call 612-788-1100 for more information.

■ = Class on fitness floor. Training descriptions are available on-line.

Childcare is available. Please call for a reservation.

Club Hours

Monday-Thursday: 5 a.m. to 11 p.m.

Friday 5 a.m. to 9 p.m.

Saturday 7 a.m. to 8 p.m.

Sunday 8 a.m. to 8 p.m.

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www.fitnesscrossroad.com