



& lifestyle studio

Where active families live fit & feel strong!

Spring 2019/ Mar 11th – June 15

(We are closed May 14-20)

See Special Intro Rates on Website

LIMITED TIME ONLY. \$0 INITIATION FOR FAMILIES!

PROGRAMS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Fit-Family Boot Camp <i>Adult class/ kids up to 7 yrs</i>	9:00am	10:15am	9:00am	10:15am		
Toddlers* <i>Walkers – 2 yrs/Adult-45 min</i>	10:15am					9:15am FULL
Tadpoles* <i>2 yrs. – 3+ yrs/Adult -45min</i>	10:15am		10:15am			11:00am/Sat
Mighty Tikes* <i>3 + yrs. – 4.5 yrs. -45min</i>			10:15am			11:00am/Sat
Leap Frogs* <i>4.5 yrs. –6 yrs. -45 min</i>			4:15pm			10:00am/Sat
Jr Tikes* <i>6 yrs. –8 yrs. -45 min</i>			4:15pm			10:00am/Sat
Jr Tikes II*/6–8 & 9–12yrs Tumble Champs- 55 min			5:00pm			
Open Gym & Fit-Play <i>Kids up to 7 yrs/Adult 90 min</i>	11:00am		11:00am		11:00am	SUNDAYS 11:00am until 5/19
TJF RUN CLUB <i>Adults ONLY</i>			6:20am STARTS 4/3			
Core-Fit Small Group Training <i>Adults ONLY</i>		6:30am 12:00pm		12:00pm	6:30am	

Check our website for our NEW Client & First Time to Fitness Specials!

Classes require min. 5–max 10 & can be cancelled or changed. *(UPDATED 3/23/19)*

Check our Facebook page for Class & Gym Updates or cancellations!

*monthly memberships available for a min of 3+ months **Note NO Drop-ins/Full classes

Go to www.triplejumpfitness.com to enroll!