

TRAINER ON DUTY



MIKE



STEPHEN

We're happy to help!
Personal Trainers are available to answer questions, to show you how to use machines, and discuss any interest in working with a Trainer. **See schedule below.**

MONDAY

10:30 am-1:00 pm **MIKE**
4:30-7:30 pm **STEPHEN**

TUESDAY

10:30 am-1:00 pm **MIKE**

WEDNESDAY

THURSDAY

10:30 am-1:00 pm **MIKE**

FRIDAY

SATURDAY

8:30 am-12:00pm **STEPHEN**