

# WORKOUT GROUP IN BUTTE FALLS

Free for Landing  
Members  
(\$20/mo. for family or  
\$10/mo. For Individual; includes  
other Landing activities for free)

## @ The Landing

\$1 / Class for  
Non-Member Drop-ins  
(subject to change)

### BEACHBODY WORKOUT PROGRAMS @ 6 AM MONDAY-FRIDAY (25-45 MIN)

### ZUMBA @ 6 PM TUESDAY & THURSDAY (15 MIN- 1HR)

#### UPCOMING SCHEDULES *(Subject to Change at Anytime)*

- |                 |   |
|-----------------|---|
| 1/25/16—2/12/16 | 1st Round 21 Day Fix (3 wks. 5-7 days/wk.)          |
| 2/15/16—3/4/16  | 2nd Round 21 Day Fix (3 wks. 5-7 days/wk.)          |
| 3/7/16—4/8/16   | 1 Round Focus T25 (5 wks. 5 days/wk.)               |
| 4/11/16—5/13/16 | 1 Round Cize (6 wks.+ 5-7 days/wk.)                 |
| 5/16/16—6/17/16 | 1 Month Insanity (4 wks. + 1 Rest wk. 5-6 days/wk.) |

Find us on:  
**facebook**  
Workout Group in Butte Falls  
(Closed Group)

21 day  
**FIX**<sup>™</sup>

FOCUS  
**T25**<sup>™</sup>

**cize**<sup>™</sup>  
THE END OF EXERCISE<sup>™</sup>

**INSANITY**

  
**ZUMBA**<sup>®</sup>