



Fitworx Class Schedule at a glance

~ May 2013 ~						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	29 Total Body	30 Flex/Balance	1 Upper Body	2 Lower Body	3 Core	4 Cardio
5 Closed	6 Flex/Balance	7 Upper Body	8 Lower Body	9 Core	10 Cardio	11 Total Body
12 Closed	13 Upper Body	14 Lower Body	15 Core	16 Cardio	17 Total Body	18 Flex/Balance
19 Closed	20 Lower Body	21 Core	22 Cardio	23 Total Body	24 Flex/Balance	25 Upper Body
26	27 Core	28 Cardio	29 Total Body	30 Flex/Balance	31 Upper Body	

Hours of Operation

Monday to Friday 07:00 to 19:30
 Saturday 08:30 to 13:00
 Sunday Closed

How to get started

1. Go to apexbodyworks.com
2. Click on Training> New Clients
3. Click on: New to our site? and create a new account with your information.
4. Read and Sign the liability waiver
5. You are now able to look at all the classes and personal Training sessions
6. Pick the package that you would like
7. Sign up for Fitworx Small Group Classes or Personal Training of your choice
8. You must sign in to be able to attend