

ISG | STRENGTH & FITNESS

VETERAN OWNED • EST 2019

Maplecrest Group Fitness Schedule

Morning/Evening Classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:00-7:00pm Cycle Traci	6:00-7:00pm Cycle Traci	6:00-7:00pm Cycle Traci	6:00-7:00pm Cycle Traci		