

TWIN CREEKS GROUP FITNESS



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:45am				Hatha Yoga		
9:00am		Hatha Yoga				
9:30am					HIIT	
10:15am		Strength Training	Pilates	Strong Foundations		
12:00pm	Yoga Conditioning					
6:00pm	Power Hour		Power Hour			

PREMIER SMALL GROUP TRAINING

Sessions start at the top of each hour and last 1 hour | \$200/mo

6:00am						
7:00am	Strength & Conditioning		Strength & Conditioning		Strength & Conditioning	
8:00am	6AM - 10AM		6AM - 10AM		6AM - 10AM	
9:00am						
10:00am						



Twin Creeks
Country Club

Twin Creeks Fitness Center | natalie.stevenson@arcisgolf.com

Premier Small Group Training | bmarvin@twincreeksclub.com

RSVP for classes on the ForeTees App