

# RALLY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-7:00am <i>Stacy</i>		6:00-7:00am <i>Stacy</i>	6:00-7:00am <i>Dan</i>			
	7:00-8:00am <i>Chris</i>	7:00-8:00am <i>Chris</i>	7:00-8:00am <i>Chris</i>	7:00-8:00am <i>Chris</i>		
	8:00-9:00am <i>Dan</i>				8:00-9:00am <i>Mike</i>	8:00-9:00am <i>Stacy</i>
					9:00-10:00am <i>Chris</i>	10:00-11:00am <i>Ciji</i>
10:00-11:00am <i>Dan</i>	10:00-11:00am <i>Stacy</i>		10:00-11:00am <i>Stacy</i>	10:00-11:00am <i>Mike</i>	11:00am-12:00pm <i>Brian</i>	
5:00-6:00pm <i>Ciji</i>		5:00-6:00pm <i>Mike</i>	5:00-6:00pm <i>Mike</i>	4:00-5:00pm <i>Zoe</i>		
	6:00-7:00pm <i>Mike</i>					

**Rally:** Our small group fitness classes are called Rally and for good reason. Rally provides a results-oriented approach to training in a small group (up to 8 members) format. Between high-intensity interval training (HIIT) programs and the use of non-traditional equipment, Rally enables you to rise to new heights and pushes you to your next level.