

**“Energy Zone” Group Schedule**

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| **Sunday** | **Monday** | **Tuesday**  Pin on Topos de Bolo  **Group Circuit Training**  **9:30am**  **Amy** | **Wednesday** | **Thursday** | **Friday**  Image result for female workout cartoon  **Group Muscle Conditioning**  **9:30am**  **Amy** | **Saturday** |

**The “Energy Zone” is open during all regular operating hours.**

**Complimentary *Intro to Strength Training* is available. Inquire at front desk to schedule your free session today!**

**www.northeasthf.com**