



<i>MONDAY</i>	<i>6:00AM-7:00PM</i>	1849 PERRY HILL ROAD MONTGOMERY, AL 36106 - [334] 279-9976
<i>TUESDAY</i>	<i>6:00AM-7:00PM</i>	
<i>WEDNESDAY</i>	<i>8:00AM-5:00PM</i>	
<i>THURSDAY</i>	<i>6:00AM-7:00PM</i>	
<i>FRIDAY</i>	<i>8:00AM-12:00PM</i>	

RATES

- Registration (one-time fee, includes key fob).....\$35
- Walking Track\$10/month
- Weight Room & Walking Track.....\$20/month
- Classes, Weight Room, & Walking Track.....\$30/month
- Boot Camp.....\$60/month

Personal training information is available upon request.
Personal training is dependent on trainer availability.

CLASSES AVAILABLE

Boot Camp

Tues. & Thurs. 6:00-6:30am

SoulFit 4 Seniors

Mon., Wed., & Fri. 9:15-9:45am

[Chair, Free Weight, Balance, Brain Exercises]

SoulFit Intermediate

Mon., Wed., & Fri. 10:30-11:30am

[Exercise Ball, Free Weights, Plank, Balance Exercises]

If you would like to register to use our facility, please contact Nanci Berch at (334) 279-9976 ext 139 or email nancipt@hbcm.net.