



THE ATHLETIC CLUB at HEATHROW COUNTRY CLUB
MONTHLY CLASS SCHEDULE: MARCH 2019
 POWERED BY ATHLETIC APEX

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
AM									
6:30 - 7:30 Co-Ed Circuit <i>Tony</i>				6:30 - 7:30 Co-Ed Circuit <i>Tony</i>				6:30 - 7:30 Co-Ed Circuit <i>Tony</i>	
	8:00 - 9:00 APEX Pump <i>Aixsia</i>				8:00 - 9:00 APEX Pump <i>Aixsia</i>				
9:00 - 10:00 Ladies Circuit <i>Tony</i>				9:00 - 10:00 Ladies Circuit <i>Tony</i>		10:00 - 11:00 Yoga <i>Chrystal</i>		9:00 - 10:00 Ladies Circuit <i>Tony</i>	
11:00 - 12:00 Mat Pilates <i>Samyra</i>						11:00 - 12:00 Mat Pilates <i>Samyra</i>			
PM									
	12:00 - 1:00 Yoga <i>Chrystal</i>							12:30 - 1:30 Young at Heart <i>Leon</i>	
	1:00 - 2:00 Ladies Circuit <i>Aixsia</i>					1:00 - 2:00 Ladies Circuit <i>Aixsia</i>			
	2:00 - 3:00 Young at Heart <i>Leon</i>					2:00 - 3:00 Young at Heart <i>Leon</i>			
6:00 - 7:00 Co-Ed Circuit <i>Bella</i>				6:00 - 7:00 Co-Ed Circuit <i>Bella</i>		6:00 - 7:00 Co-Ed Circuit			

OTHER DETAILS

CLASS SERVICES

For Monthly Add On Class Services, contact Alexis Positano: apositano@concertgolfclubs.com.

PRICING

Monthly Classes: \$50 per month -- UNLIMITED classes!

Single Class: \$25 per class

OTHER SERVICES

For classes, personal training, Bionetics, or other services that Athletic Apex offers, contact Randall Hunt: randall@athleticapex.com.

