

Cardio Drum + Yoga

- #10 Non Members
- #8 Members
- #5 Silver Sneakers

Body + Soul

- #8 Non Members
- #5 Members

August

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	4 Body + Soul 9am Yoga Sculpt 6:15pm	5 Chair Yoga 9:00am Cardio Dance 6pm	6 Cardio Drum 9am	7 Body + Soul Strength 9am Cardio Drum 6pm	8 Body + Soul 9am	9
	11 Body + Soul 9am	12 Chair Yoga 9am Cardio Dance 6pm	13 Cardio Drum 9am	14 Body + Soul Strength 9am Cardio Drum 6pm	15	16
	18 Body + Soul 9am	19 Chair Yoga 9am Cardio Dance 6pm	20 Cardio Drum 9am	21 Body + Soul Strength 9am Cardio Drum 6pm	22	23
	25 Body + Soul 9am	26 Chair Yoga 9am Cardio Dance 6pm	27 Cardio Drum 9am	28 Body + Soul Strength 9am	29	30
						31

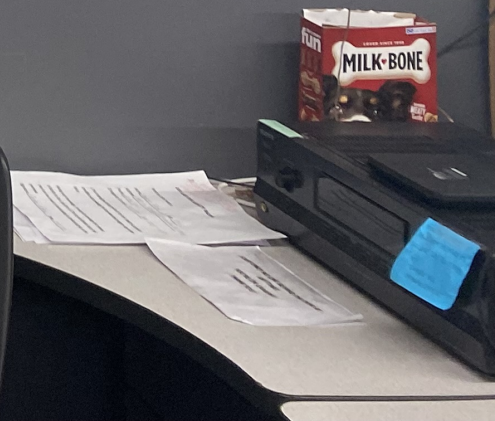
GYM
OPEN 24/
NO EXCUS



Wifi Name
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MySpectrumWifi44-56

There is a \$1.00
charge for
Credit Cards used
Under \$20.00

Wifi password
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guitarpledge325





Autumn Fiorillo

Hi! If you are reading this, it most likely means you are passionate about your health which means we already have one thing in common. I'm so glad you're here!

Although I'm always refining what a wellness-forward life looks like for me, one thing has been a constant over the years- strength training. After 4 years of college basketball, I was looking for a way to move my body that was more forgiving (and enjoyable) than hours of cardio. I found strength training and never looked back! It has benefited my life in so many ways and I'm passionate about showing others how it can benefit theirs, too. Contributing to the life and success of others through something I find both passion and purpose in is rewarding beyond measure.

When I'm not with a client at the gym, you can find me serving my community as a realtor, trying a new recipe in the kitchen, researching my husband and my next travel destination, or adventuring outside with our pup, Olive.

Welcome to the Gun Lake Gym, I look forward to meeting you!!

Two are better than one because they have a good return for their labor: if either of them falls, one can help the other up. But pity anyone who falls and has no one to help them up. Ecclesiastes 4:9-12