

**The Playground "Serious Fitness for Adults"**  
 977 Farmington Avenue (rear) West Hartford, CT 06107  
 860-236-8800 [www.thefitplayground.com](http://www.thefitplayground.com)

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
5:30-6:30am PlayGround Extreme Glenn	5:30-6:30am Integrative Strength Glenn	5:30-6:30am <b>CYCLE w/ Ben</b>	5:30-6:30am PlayGround Extreme Glenn	5:30-6:30am PlayGround Extreme Nick	7:15-8:15am PlayGround Extreme Glenn
8:00-8:55am PlayGround Fit Glenn	7:30-8:25am Gentlemen's Club (60 years +) Laurie	8:00-8:55am Triple Threat (women only) Glenn 9:00-10:00am <b>CYCLE w/ Laurie</b>	7:30-8:25am Gentlemen's Club (60 years +) Glenn	5:30-6:30am <b>CYCLE w/Laurie</b>	8:30-9:30am PlayGround Fit Glenn
9:00-10:00am <b>CYCLE w/Laurie</b>	8:30-9:25am Integrative Strength (Moderate) (women only) Laurie	9:00-10:00am Power Yoga Angie	8:30-9:25am PlayGround Fit (women only) Glenn	8:30-9:25am Integrative Strength (Moderate) Laurie	
11:00-12:00pm Kickboxing (Kidscare) Sara Jean	9:30-10:30am PlayGround Extreme (women only) (Kidscare) Glenn	10:15-11:00am Instructor's Choice Glenn	9:30-10:30am PlayGround Extreme (women only) (Kidscare) Glenn	9:30-10:30am Integrative Strength (women only) Glenn	
	12:00-12:45pm Community Yoga Angie \$5 donation		12:00-12:45pm Community Yoga Angie \$5 donation		
5:30-6:15pm PlayGround Extreme Glenn	5:30-6:15pm PlayGround Extreme Glenn	5:30-6:15pm PlayGround Extreme Nick	5:00-5:45pm Integrative Strength Glenn  5:15-6:00pm <b>CYCLE w/Angie</b>		
7:15-8:00pm PlayGround Extreme Glenn	7:15-8:30pm Bagquazang Pete (\$20 per class)	7:15-8:00pm PlayGround Extreme Nick			

**\*\*\* All classes are Co-Ed unless otherwise indicated \*\*\***

**Memberships: Unlimited- 3 months=\$395, 6 months=\$650, 12 months = \$1200  
 3 months Low Usage (25 Class Max.)=\$275  
 Plus tax**