

# TRAINING SCHEDULE



## Effective August 7th

Download the Stone Creek Club & Spa app to reserve your spot  
in our new Small Group Training Sessions.

### Mondays

8:30am w/ Mallory

12pm w/ Jonathan

**5:00pm** w/ Courtney G.

### Tuesdays

6am w/ Liza

8:30am w/ **Susan**

9:30am w/ Becca

### Wednesdays

8:30am w/ Mallory

12pm w/ Erica

5:30pm w/ Chazzie

### Thursdays

6am w/ Mindy

8:30am w/ **Jude**  
5:30pm w/ Chazzie

9:30am w/ Karynne

### Fridays

9:30am w/ Anders

### Saturdays

9am w/ Mindy

**BOLD** indicates a change from the previous schedule.

Schedule your session through the Stone Creek app, or stop by the Front Desk. To enroll in a monthly group training membership, please see Member Services.