May 2022

GROUP FITNESS CALENDAR

Location: 1240 A Vine Street Hays, KS
Owner: Amber Cunningham 785-650-7505
amberfit@hotmail.com
www.inspirebodymindspirit.com

$8/class or $20/week or $60 monthly unlimited classes
$50 recorded videos only
Student Monthly Cost = $40
First Class is FREE!

$25 OFF Youth Athlete Personal Training
$50 OFF Adult Individual Training
$75 OFF Adult Groups of 3 or More Training
***Sign up with Amber or Miah today!**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 5:15a – Kristin FIT Class 8:15a– Miah FIT Class	3 Full Body Class Recorded (video sent out)	4 5:15a – Miah FIT Class 8:15a – Amber FIT Class	5 Mobility Class Recorded (video sent out)	6 5:15a – Miah Core/Cardio & Foam Roll 9:30a – Amber Bible Study @ INSPIRE	7 8:00a – Amber Bootcamp
8 Happy Mother's Day!	9 5:15a – Kristin FIT Class 8:15a– Amber Stations Class	10 Full Body Class Recorded (video sent out)	11 5:15a – Miah FIT Class 8:15a – Amber FIT Class	12 Mobility Class Recorded (video sent out)	13 5:15a – Miah Core/Cardio & Foam Roll	14 8:00a – Kristin Bootcamp
15	16 5:15a – Kristin FIT Class 8:15a– Amber Stations Class	17 Full Body Class Recorded (video sent out)	18 5:15a – Miah FIT Class 8:15a – Amber FIT Class	19 Mobility Class Recorded (video sent out)	20 5:15a – Miah Core/Cardio & Foam Roll	21 8:00a – Miah Bootcamp
22	23 5:15a – Kristin FIT Class 8:15a– Amber Stations Class	24 Full Body Class Recorded (video sent out)	25 5:15a – Miah FIT Class 8:15a – Amber FIT Class	26 Mobility Class Recorded (video sent out)	27 5:15a – Miah Core/Cardio & Foam Roll	28 8:00a – Kristin Bootcamp
29	30 9:00a – Amber Special Memorial Day Class (Bring a Friend)	31 Full Body Class Recorded (video sent out)				

SUMMER YOUTH PROGRAMS begin the week of June 6th! (IMPACT – K-5th) (FAST – MS/HS)