

PACE *(formerly FITzone)*

45-min Small Group Personal Training

PACE 4-pack: \$44 (member) / \$60 (nonmember)

PACE 8-pack: \$80 (member) / \$104 (nonmember)

Time / Weekday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15am		PACE	PACE	PACE		
6:15am						
7:00am						
8:00am	PACE				PACE	
9:00am	PACE		PACE			
9:15am						PACE
12:00pm						
4:00pm	PACE					
5:00pm			PACE			
6:15pm		PACE				

Classes require enrollment through our punch pass system on the West Wood app. If you are interested in trying a class or joining us, please reach out to either the staff at the Fitness Desk on the second floor or the Service Desk located on the first floor for more information.



PROHEALTH WEST WOOD HEALTH & FITNESS CENTER