



Queenax

SPECIALIZED TRAINING SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
Queenax Core 9am - 30min Fitness Floor Tanner	Queenax Team 11am - 45min Fitness Floor Lauren	Queenax Team 9am - 45min Fitness Floor Tanner	Queenax Core 11am - 30min Fitness Floor Lauren	Queenax Team 8am - 45min Fitness Floor Del/McKenzie
Queenax Team 6pm - 45min Fitness Floor Coley		Queenax Team 1pm - 45min Fitness Floor Tanner		

\$50 / per month

FOR UNLIMITED CLASSES

Queenax Team: This 45 minute program focuses on developing overall fitness as exercisers travel through a partner crucial workout. Exercisers team up in pairs and navigate through a series of stations performing exercises as parallel, shared or interactive to achieve a goal.

Queenax Core: This 30 minute program targets the abdominal, spine stabilizers, glutes and hip flexor muscle groups.



To try a **FREE** class or for more information, email Del at

ESTukel@beaconhealthsystem.org

Elkhart | Granger | South Bend
BeaconHealthAndFitness.org
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