



15220 Carrollton Blvd
 Carrollton, VA 23314
238-7000



Hours of Operation
 Mon-Fri 5a - 8P
 Sat 7a - 7P
 Sun Closed

For a World of Active Living www.finelinesfitness.net finelines@charter.net

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3 MEMBER APPRECIATION DAY Silver Circuit 3-4P	4	5 Strength Training for Women 5-6P	6 Core Strength 6-6:30P INTERVAL TRAINING 6:30-7:30P	7 Silver Circuit 10-11a	8
C						
9	10 Silver Circuit 3-4P	11	12 Strength Training for Women 5-6P	13 Core Strength 6-6:30P INTERVAL TRAINING 6:30-7:30P	14 Silver Circuit 10-11a	15
L						
O						
16	17 Silver Circuit 3-4P	18	19 Strength Training for Women 5-6P	20 Core Strength 6-6:30P INTERVAL TRAINING 6:30-7:30P	21 Silver Circuit 10-11a	22
S						
E						
23	24 Silver Circuit 3-4P	25	26 Strength Training for Women 5-6P	27 Closed for Thanksgiving	28	29
D						
30						

