Thriving in Grace
Christian Counseling & Wellness

Megan Schimmelpfennig, NASM CPT

Fitness Schedule

(as of December 2025)

Personal Training Sessions: $125/60 minutes

Monday, Wednesday, Friday, 7 am, 8 am, 9 am

Group Training Sessions: $30/60 minutes (minimum 3 people, max 6)

Mondays, 11 am, 12 pm, 1 pm

Tuesdays, Thursdays: 7 am, 8 am, 10 am

Sessions personalized to accommodate your individual needs.

Email megan@thrivingingracecounseling.com to book your sessions today!