











MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Functional Fitness  9:00 - 9:45am Rebecca	P90X Remix 6:25 - 7:05am Jewel (Studio 2)	Synergy CS 6:30 - 7:15 am Jewel	Functional Fitness  9:00 - 9:45am Kathy	P90X Remix 6:25 - 7:05am Jewel (Studio 2)	
Kangoo Conditioning 5:30 - 6:15pm Donna (Studio 3)	Functional Fitness 9:00 - 9:45am Donna	Functional Fitness  12:15 - 1:00pm Holly	TRX Training 12:15 - 1:00 pm Donna	TRX Training 9:45 - 10:30am Donna	
	 Synergy CS 12:15 - 1:00pm Jewel	 Synergy CS 6:00 - 6:45pm Tina	 Group Strength 5:45 - 6:30pm Eoghan	Functional Fitness 12:15 - 1:00pm Holly	
	 Synergy CS 5:30 - 6:15pm Holly		Synergy CS 6:30 - 7:15pm Jewel		
	 Group Strength 5:45 - 6:30pm Eoghan				 Synergy CS 7:30 - 8:15am Jewel (Starts 9.19)
					 Kangoo Conditioning 9:00 - 9:45 am Donna (Studio 3)(Starts 9.12)
					Functional Fitness 10:00 - 10:45am Jeffrey

***All classes are held in the designated HACZONE area of the gym floor, unless stated otherwise**

Functional Fitness

You'll get 45 minutes of efficient, quality functional movements that will enhance not only the "trouble areas" but will also nourish your spine, revitalize your postural muscles and strengthen your core with every movement.

Kangoo Conditioning

High Intensity Cardio Conditioning class which includes circuit, weight, and plyometric drills. Wearing rebound shoes lowers the impact on your joints. Improve coordination, balance and power.

P90X Remix:

Thirty (30) minute workout for the busy adult who needs a full-body workout using the most well-known, results driven program in the world.

Synergy CS

Challenging and intense 45 minute interval training, using conditioning circuits to build stamina and melt fat! Options for all fitness levels. Use of treadmills for cardio zone training and various strength tools for total body conditioning.

TRX Training

Developed by Navy SEALs, TRX Suspension training utilizes gravity and your own body weight to develop total-body strength and stability. Ability to increase or decrease the difficulty based on your body's position makes this training program adaptable to all fitness levels, and assures an intense burn!

 = **New class or time!**

TRY 2 FREE!

See a Membership Associate today to schedule your complimentary session!