

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Kangoo Conditioning 5:15 - 6:00pm Donna (Studio 3)	P90X Remix 6:25 - 7:05am Jewel (Studio 2)	Synergy CS 6:30 - 7:15 am Jewel	TRX Training 12:15 - 1:00 pm Donna	P90X Remix 6:25 - 7:05am Jewel (Studio 2)
Group Strength 5:45 - 6:30pm Eoghan	Synergy CS 12:15 - 1:00pm Jewel	Synergy CS 12:15 - 1:00pm Susan	 Synergy CS 4:00 - 4:45pm Holly	TRX Training 9:45 - 10:30am Donna
	Synergy CS 4:00 - 4:45pm Holly	Group Strength 5:45 - 6:30pm Eoghan	Synergy CS 6:30 - 7:15pm Jewel	Functional Fitness 12:15 - 1:00pm Susan
	Synergy CS 5:30 - 6:15pm Holly	 KettleCore 6:00 - 6:45pm Jason (Studio 3)		Group Strength 5:45 - 6:30pm Eoghan

 = **New class or time!**

Functional Fitness

You'll get 45 minutes of efficient, quality functional movements that will enhance not only the "trouble areas" but will also increase your power, strength through tire flips, sled drills, battle ropes, TRX, weights and much more.

Group Strength

Apply basic compound movements to improve strength, increase muscle size and definition, and rate of metabolism.

Large groups of muscles are forced to work together to ensure the most muscular breakdown during the time you spend in the gym.

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.

KettleCore

This 45 minute class will get you fast results for strength, endurance, and muscle toning. Kettlebell training will increase your power output, hip strength and mobility, while also providing dynamic core stabilization and countless multi-joint exercises.

P90X Remix

Forty (40) minute workout for the busy adult who needs a full-body training using the most well-known, results driven program in the world. Millions have seen amazing results. Now it's your turn.


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 cardio equipment 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!

SATURDAY

 **Synergy CS**
8:15 - 9:00 am
Susan

Kangoo Conditioning
9:00 - 9:45 am
Donna (Studio 3)

Functional Fitness
10:00 - 10:45am
Jeffrey

TRY 2 FREE!

See a Membership Associate to schedule your complimentary session TODAY!