






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)
 TLA 5:45 - 6:30pm Ollie	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	 TLA 5:45 - 6:30pm Ollie	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)		 TLA 5:45 - 6:30pm Ollie

 = *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.

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.


Train Like an Athlete (TLA)

Do you want to get stronger, run faster, and jump higher? TLA will teach you proper technique of Olympic lifts (deadlift, hang grip shrug, hang high pull and hang clean) with the high calorie burning speed, agility and plyometric work (box and reactive jumps) to help transform you into the athlete you always knew you could be. Great for members who want to learn how to lift heavier for maximal strength gains.

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!