








MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Kangoo Conditioning</b> 5:15 - 6:00pm Donna (Studio 3)	<b>P90X Remix</b> 6:25 - 7:05am Jewel (Studio 2)	<b>Synergy CS</b> 6:30 - 7:15 am Jewel	<b>TRX Training</b> 12:15 - 1:00 pm Donna	<b>P90X Remix</b> 6:25 - 7:05am Jewel (Studio 2)
 <b>TLA</b> 5:45 - 6:30pm Ollie	<b>Synergy CS</b> 12:15 - 1:00pm Susan	<b>Synergy CS</b> 12:15 - 1:00pm Susan	 <b>Synergy CS</b> 4:00 - 4:45pm Holly	<b>TRX Training</b> 9:45 - 10:30am Donna
 <b>Fit to Fight</b> 6:15 - 7:00pm Holly & Chris (Studio 3)	<b>Synergy CS</b> 4:00 - 4:45pm Holly	 <b>TLA</b> 5:45 - 6:30pm Ollie	<b>Synergy CS</b> 6:30 - 7:15pm Jewel	<b>Functional Fitness</b> 12:15 - 1:00pm Susan
	<b>Synergy CS</b> 5:30 - 6:15pm Holly	 <b>KettleCore</b> 6:00 - 6:45pm Jason (Studio 3)	 <b>Fit to Fight</b> 7:30pm - 8:15pm Holly & Chris (Studio 3)	 <b>TLA</b> 5:45 - 6:30pm Ollie

 = **New class or time!**

### Fit to Fight

Learn the fundamentals of boxing with bag work, plyometrics and bodyweight exercises. This is your chance to step out of your comfort zone, be fearless, and find out what you're made of!

### 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 | \*Select Saturdays  
Donna (Studio 3)

 **Synergy CS**  
10:00 - 10:45am  
Christine

# TRY 2 FREE!

See a Membership Associate to schedule  
your complimentary session TODAY!