



## MONDAY

**Functional Fitness**  
 9:30 - 10:15am  
 Antowine (Building interest)

**Kangoo Conditioning**  
 5:15 - 6:00pm  
 Donna (Studio 3)

**KB + SAQ**  
 6:30 - 7:15pm  
 Antowine (Building interest)

**Group Strength**  
 5:45 - 6:30pm  
 Eoghan

## TUESDAY

**P90X Remix**  
 6:25 - 7:05am  
 Jewel (Studio 2)

**Synergy CS**  
 12:15 - 1:00pm  
 Jewel

**Synergy CS**  
 4:00 - 4:45pm  
 Holly

**Synergy CS**  
 5:30 - 6:15pm  
 Holly

## WEDNESDAY

**Synergy CS**  
 6:30 - 7:15 am  
 Jewel

**KB + SAQ**  
 9:30 - 10:15am  
 Antowine (Building interest)

**Synergy CS**  
 12:15 - 1:00pm  
 Susan

**Group Strength**  
 5:45 - 6:30pm  
 Eoghan

## THURSDAY

**TRX Training**  
 12:15 - 1:00 pm  
 Donna

**Synergy CS**  
 6:30 - 7:15pm  
 Jewel

## FRIDAY

**P90X Remix**  
 6:25 - 7:05am  
 Jewel (Studio 2)

**TRX Training**  
 9:45 - 10:30am  
 Donna

**Functional Fitness**  
 12:15 - 1:00pm  
 Susan

**Group Strength**  
 5:45 - 6:30pm  
 Eoghan

## SATURDAY

### 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.

### KB + SAQ

KettleBell + Speed, Agility & Quickness = Dynamic sport conditioning geared to channel your inner athlete!

### 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!

# TRY 2 FREE!

See a Membership Associate to schedule  
 your complimentary session TODAY!