

\$15 per class
5 pack of classes - \$55
10 pack of classes - \$100
Unlimited Month of classes - \$99

(Partner Cardio Combat: \$25 per class)

****Classes and price subject to change without notice**
****Classes need 2 or more scheduled clients in order to run**
**** Classes must sign up in advance to be guaranteed a spot in class**
**** 24 hour notice to cancel your class or you will be charged full class rate, including NO SHOWS**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CLOSED			1 BOOTCAMP – 5:30AM	2 FIT4BIZ BOOTCAMP – 12:00PM SOCIAL SPIN – 5PM KINESIS – 5:30PM	3 BOOTCAMP – 5:30AM KINESIS – 6:30AM SOCIAL SPIN – 9AM	4
5 CLOSED	6 BOOTCAMP – 6AM KINESIS – 6PM PARTNER COMBAT-6AM	7 WERK & SLURP – 12:00PM	8 BOOTCAMP – 5:30AM PARTNER COMBAT-6AM	9 FIT4BIZ BOOTCAMP – 12:00PM SOCIAL SPIN – 5PM KINESIS – 5:30PM	10 BOOTCAMP – 5:30AM KINESIS – 6:30AM SOCIAL SPIN – 9AM	11
12 CLOSED	13 BOOTCAMP – 6AM KINESIS – 6PM PARTNER COMBAT-6AM	14 WERK & SLURP – 12:00PM	15 BOOTCAMP – 5:30AM PARTNER COMBAT-6AM	16 FIT4BIZ BOOTCAMP – 12:00PM SOCIAL SPIN – 5PM KINESIS – 5:30PM	17 BOOTCAMP – 5:30AM KINESIS – 6:30AM SOCIAL SPIN – 9AM	18
19 CLOSED	20 BOOTCAMP – 6AM KINESIS – 6PM PARTNER COMBAT-6AM	21 WERK & SLURP – 12:00PM	22 BOOTCAMP – 5:30AM PARTNER COMBAT-6AM	23 FIT4BIZ BOOTCAMP – 12:00PM SOCIAL SPIN – 5PM KINESIS – 5:30PM	24 BOOTCAMP – 5:30AM KINESIS – 6:30AM SOCIAL SPIN – 9AM	25
26 CLOSED	27 BOOTCAMP – 6AM KINESIS – 6PM PARTNER COMBAT-6AM	28 WERK & SLURP – 12:00PM	29 BOOTCAMP – 5:30AM PARTNER COMBAT-6AM	30 FIT4BIZ BOOTCAMP – 12:00PM SOCIAL SPIN – 5PM KINESIS – 5:30PM		

BOOTCAMP – This cardio intensive, bodyweight and light weight class will help push you to your utmost potential and beyond. Show up ready to sweat with running/jogging, agility, and strength training! Don't be intimidated though; every trainer is more than capable of adjusting exercises to ensure everyone can be included!

FIT4BIZ BOOTCAMP – Join us over the lunch hour to enjoy the same benefits as our morning bootcamp sessions!

KINESIS – The 45 min. strength and cardio combo is performed at the Kinesis strength wall. Kinesis strength exercises are performed “circuit” style with intervals of cardio step moves. This fast paced workout gives you the best of both worlds.

SOCIAL SPIN – Social spin takes the basic principles of spin and brings it to a beginner's level. This coupled with some light weight upper body work creates a great low impact, and extremely friendly, environment to help you elevate yourself to new levels! ***Please contact Fitnessology to pre-book if interested.**

WERK & SLURP – Stop in on your lunch break for a “werk” out and lunch prepared by us! This lunch hour class includes a 30 minute HIIT workout (High Intensity Interval Training) followed by a Premium Protein Smoothie of your choice for your lunch! ***Please note that this class is \$15**

Partner Cardio Combat- Partner Cardio Combat class teaches the basics of American Kickboxing. It's a creative way to get your cardio in and a fun way to get a good workout with a friend.

***Please note this class is \$25 per session and some equipment purchase is required.**