

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

****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**

(Partner Cardio Combat: \$25 per class)

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------------|---|------------------------------|---|---|--|----------|
| CLOSED | 1 BOOTCAMP – 5:30AM KINESIS – 6PM PARTNER COMBAT-6AM | 2 WERK & SLURP – 12:00PM | 3 BOOTCAMP – 5:30AM PARTNER COMBAT-6PM | 4 FIT4BIZ BOOTCAMP – 12:00PM SOCIAL SPIN – 5PM | 5 BOOTCAMP – 5:30AM KINESIS – 6:30AM SOCIAL SPIN – 9AM | 6 |
| 7 CLOSED | 8 BOOTCAMP – 6AM KINESIS – 6PM PARTNER COMBAT-6AM | 9 WERK & SLURP – 12:00PM | 10 BOOTCAMP – 5:30AM PARTNER COMBAT-6PM | 11 FIT4BIZ BOOTCAMP – 12:00PM SOCIAL SPIN – 5PM | 12 BOOTCAMP – 5:30AM KINESIS – 6:30AM SOCIAL SPIN – 9AM | 13 |
| 14 CLOSED | 15 BOOTCAMP – 6AM KINESIS – 6PM PARTNER COMBAT-6AM | 16 WERK & SLURP – 12:00PM | 17 BOOTCAMP – 5:30AM PARTNER COMBAT-6PM | 18 FIT4BIZ BOOTCAMP – 12:00PM SOCIAL SPIN – 5PM | 19 BOOTCAMP – 5:30AM KINESIS – 6:30AM SOCIAL SPIN – 9AM | 20 |
| 21 CLOSED | 22 BOOTCAMP – 6AM KINESIS – 6PM PARTNER COMBAT-6AM | 23 WERK & SLURP – 12:00PM | 24 BOOTCAMP – 5:30AM PARTNER COMBAT-6PM | 25 FIT4BIZ BOOTCAMP – 12:00PM SOCIAL SPIN – 5PM | 26 BOOTCAMP – 5:30AM KINESIS – 6:30AM SOCIAL SPIN – 9AM | 27 |
| 28 CLOSED | 29 BOOTCAMP – 6AM KINESIS – 6PM PARTNER COMBAT-6AM | 30 WERK & SLURP – 12:00PM | 31 BOOTCAMP – 5:30AM PARTNER COMBAT-6PM | | | |

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.**