

\$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

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

**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!

**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! \*\*\$15 a person

**HIIT MAMAS-** Hiit Momas is an offering just for a Mom! This is a class to workout/stretch/ meditate and reset your mind.

**Yoga RX-** \$15 a person (every 3<sup>rd</sup> Saturday of month)

**X-Fit-** Coming Soon!

**\$15 a person for Yoga and Werk & Slurp**