

\$15 per class

5 pack of classes - \$55

10 pack of classes - \$100

****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
		1 CLOSED HAPPY NEW YEAR!	2 BOOTCAMP – 5:30AM X-Fit 10AM	3 FT4BIZ BOOTCAMP – 12:00PM SOCIAL SPIN – 5:00PM	4 BOOTCAMP – 5:30AM KINESIS – 6:30AM SOCIAL SPIN – 9AM HIIT MAMAS- 10AM	5 KICKBOXING- 10:00AM
6 CLOSED	7 BOOTCAMP – 6AM KINESIS – 6PM	8 WERK & SLURP – 12:00PM **\$15 a person	9 BOOTCAMP – 5:30AM X-Fit 10AM	10 FT4BIZ BOOTCAMP – 12:00PM SOCIAL SPIN – 5:00PM	11 BOOTCAMP – 5:30AM KINESIS – 6:30AM SOCIAL SPIN – 9AM HIIT MAMAS- 10AM	12 KICKBOXING- 10:00AM
13 CLOSED	14 BOOTCAMP – 6AM KINESIS – 6PM	15 WERK & SLURP – 12:00PM **\$15 a person	16 BOOTCAMP – 5:30AM X-Fit 10AM	17 FT4BIZ BOOTCAMP – 12:00PM SOCIAL SPIN – 5:00PM	18 BOOTCAMP – 5:30AM KINESIS – 6:30AM SOCIAL SPIN – 9AM HIIT MAMAS- 10AM	19
20 CLOSED	21 BOOTCAMP – 6AM KINESIS – 6PM	22 WERK & SLURP – 12:00PM **\$15 a person	23 BOOTCAMP – 5:30AM X-Fit 10AM	24 FT4BIZ BOOTCAMP – 12:00PM SOCIAL SPIN – 5:00PM	25 BOOTCAMP – 5:30AM KINESIS – 6:30AM SOCIAL SPIN – 9AM HIIT MAMAS- 10AM	26 KICKBOXING- 10:00AM
27 CLOSED	28 BOOTCAMP – 6AM KINESIS – 6PM	29 WERK & SLURP – 12:00PM **\$15 a person	30 BOOTCAMP – 5:30AM X-Fit 10AM	31 FT4BIZ BOOTCAMP – 12:00PM SOCIAL SPIN – 5:00PM		

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

X-Fit- X-Fit partner specialty class invites both men and women to blast through the weekend! 30 minutes of high intensity training to burn and sweat getting a max calorie burn plus 15 minutes of minute jam-packed workout!

\$15 a person for Yoga and Werk & Slurp

--	--	--	--	--	--	--