

**\$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 <b>BOOTCAMP</b> – 5:30AM <b>KINESIS</b> – 6:30AM <b>SOCIAL SPIN</b> – 9AM <b>HIIT MAMAS-</b> 10AM	2 <b>KICKBOXING-</b> 10:00AM
3 <b>CLOSED</b>	4 <b>BOOTCAMP</b> – 6AM <b>KINESIS</b> – 6PM	5 <b>WERK &amp; SLURP</b> – 12:00PM <b>**\$15 a person</b>	6 <b>BOOTCAMP</b> – 5:30AM  <b>X-Fit</b> 10AM	7 <b>FIT4BIZ BOOTCAMP</b> – 12:00PM  <b>SOCIAL SPIN</b> – 5:00PM	8 <b>BOOTCAMP</b> – 5:30AM <b>KINESIS</b> – 6:30AM <b>SOCIAL SPIN</b> – 9AM <b>HIIT MAMAS-</b> 10AM	9 <b>KICKBOXING-</b> 10:00AM
10 <b>CLOSED</b>	11 <b>BOOTCAMP</b> – 6AM <b>KINESIS</b> – 6PM	12 <b>WERK &amp; SLURP</b> – 12:00PM <b>**\$15 a person</b>	13 <b>BOOTCAMP</b> – 5:30AM  <b>X-Fit</b> 10AM	14 <b>FIT4BIZ BOOTCAMP</b> – 12:00PM  <b>SOCIAL SPIN</b> – 5:00PM	15 <b>BOOTCAMP</b> – 5:30AM <b>KINESIS</b> – 6:30AM <b>SOCIAL SPIN</b> – 9AM <b>HIIT MAMAS-</b> 10AM	16
17 <b>CLOSED</b>	18 <b>BOOTCAMP</b> – 6AM <b>KINESIS</b> – 6PM	19 <b>WERK &amp; SLURP</b> – 12:00PM <b>**\$15 a person</b>	20 <b>BOOTCAMP</b> – 5:30AM  <b>X-Fit</b> 10AM	21 <b>FIT4BIZ BOOTCAMP</b> – 12:00PM  <b>SOCIAL SPIN</b> – 5:00PM	22 <b>BOOTCAMP</b> – 5:30AM <b>KINESIS</b> – 6:30AM <b>SOCIAL SPIN</b> – 9AM <b>HIIT MAMAS-</b> 10AM	23 <b>KICKBOXING-</b> 10:00AM
24 <b>CLOSED</b>	25 <b>BOOTCAMP</b> – 6AM <b>KINESIS</b> – 6PM	26 <b>WERK &amp; SLURP</b> – 12:00PM <b>**\$15 a person</b>	27 <b>BOOTCAMP</b> – 5:30AM  <b>X-Fit</b> 10AM	28 <b>FIT4BIZ BOOTCAMP</b> – 12:00PM  <b>SOCIAL SPIN</b> – 5:00PM  <b>BREWGA @ STILLMANK BREWING</b> - 7PM		

**BREWGA @ STILLMANK BREWING** – Exercise, Socialize, and have a beer! A night of yoga and great craft beers at one of our favorite local breweries.

**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.

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