



July 8th – July 26th

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am			Boxmaster (w/ Maurice)	Spin (w/ Maurice)		
6:00am						
8:00am		Fun (w/ Anita)		Fun (w/ Anita)		
9:00am						
9:30am						
3:00pm		Parkinson's Program Boxmaster (w/ Alecia)				
3:30pm				Parkinson's Program Boxmaster (w/ Alecia)		
4:15pm						
4:45pm		Boxmaster (w/ Maurice)		Boxmaster (w/ Alecia)		
5:15pm						
5:30pm	Spin (w/ Maurice)	Boxmaster (w/ Alecia)		HITT (w/ Alecia)		
6:00pm	MixedFit (w/ Carisa)					

Fun	8:00am	T/TH	Come and be surprised! You might be faced with resistances bands, TRX, or even medicine balls! 1X a week, monthly: \$15.00 member \$30.00 non 2x a week, monthly: \$30.00 member \$60.00 non
HIIT	5:30pm	TH	High Intensity Interval Training. Best form of workout when training to burn those calories and get the heart rate up! 1X a week, monthly: \$15.00 member \$30.00 non
Bleacher			<i>On hold.</i>
Boxmaster	4:45pm 5:30pm 5:30am	T/TH T W	High energy class that allows you to move from full body movements while rotating through combinations on the Boxmaster. Monthly: \$15.00 member \$30.00 non
Parkinson's Program Boxmaster	3:00pm 3:30pm	T TH	Improve flexibility and range of motion. Improves posture, gait, strength and balance. 1x a week, monthly: \$15.00 member \$30.00 non 2x a week, monthly: \$30.00 member \$60.00 non
Spin	5:30pm 5:00am	M TH	Jump on one of our indoor bikes to get your sweat on. Monthly: \$15.00 member \$30.00 non
MixedFit	6:30pm	M	Aerobic dance class that is easy to follow – for ALL fitness levels. Drop-in rate: \$5 per class for all

*****PER CLASS PAYMENT AVAILABLE FOR ALL CLASSES – ASK FRONT DESK FOR COST.**