



ARE YOU READY FOR SUMMER?

GET READY WITH SMALL GROUP TRAINING
GET ONE HOUR OF TRAINING BUT ONLY PAY FOR A HALF HOUR

BOOT CAMP- FUN AND MOTIVATING PARTNER WORKOUTS THAT INCORPORATE A COMBINATION OF CARDIO AND WEIGHTS THAT WILL PUSH YOU BEYOND YOUR LIMITS

YOGA FIT- FITNESS BASED APPROACH TO YOGA. YOU CAN EXPECT A CHALLENGING CARDIOVASCULAR STRENGTH BUILDING WORKOUT WHILE INCREASING FLEXIBILITY

WILD AND FREE- THE BENEFITS OF RUNNING ARE WELL UNDERSTOOD BUT LEARNING TO RUN CAN BE A STRUGGLE. JOIN US FOR RUNNING DESIGNED FOR YOU. WHATEVER LEVEL, LEARN TO LOVE RUNNING, GOING FASTER AND FARTHER THAN YOU EVER IMAGINED. CLASSES ARE STRUCTURED TO SUIT EVERY LEVEL.

STRONG IS THE NEW SKINNY- CARDIO IS GREAT BUT WEIGHT TRAINING GETS RESULTS. THIS IS A STRENGTH AND RESISTANCE BASED TRAINING DESIGNED TO INCREASE LEAN BODY MASS. LIFT MORE AND GET STRONGER WHILE INCREASING POWER AND ENDURANCE.

TRX/BALANCE FIT- BUILD POWER, BALANCE, FLEXIBILITY AND MOBILITY AND PREVENT INJERIES WITH THIS FUNCTIONAL TRAINING TOOL. BUILD STRENGTH AND BALANCE WHILE GETTING A GREAT WORKOUT

BARRE STRENGTH- IMPROVE BALANCE, STRENGTH, BURN CALORIES AND IMPROVE STABILITY THROUGH A STRONGER CORE. ISOMETRIC EXERCISES WILL HELP YOU BURN CALORIES AND BUILD MUSCLE.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:00am BOOT CAMP	10:00am BARRE STRENGTH	12:00pm YOGA FIT	10:00am TRX BALANCE	9:00am BOOT CAMP	8:00am BOOT CAMP	9:00am BOOT CAMP
JOJO	TORI	JOJO	JANET	RITA	RITA	SHIORI
		5:00pm WILD & FREE		12:00pm YOGA FIT		11:00am WILD & FREE
		SHIORI		JOJO		SHIORI
		7:00pm STRONG IS SKINNY				12:00pm STRONG IS SKINNY
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