

Club Fit Class Schedule

More classes coming soon!

	<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thu</u>	<u>Fri</u>	<u>Sat</u>
6:00am :30	MC ² MC ²	TRX	MC ² MC ²	TRX	MC ² MC ²	
7:00am :30		Bootcamp		Bootcamp		
8:00am :30						MC ² /TRX/Btcmp
9:00am :30						
10:00am :30						
11:00am :30						
12:00pm :30	MC ²	TRX	MC ²	TRX	MC ²	
1:00pm :30						
2:00pm :30						
3:00pm :30					TRX	
4:00pm :30					MC ²	
5:00pm :30		TRX		TRX		
6:00pm :30	TRX MC ²	MC ²	MC ² *	MC ²		
7:00pm :30			TRX *			

Last updated August 1, 2009

TRX Suspension Training – Build total body strength, balance, flexibility and core stability for people of all fitness levels. TRX is a complete total-body training tool and the cutting-edge training program that will take you to the next level.

Boot Camp - This class is a shortened version of our 60-minute Boot Camp focusing on calisthenics, plyometrics, endurance, and core training. Another workout that will keep you motivated!

MC² - Get ready to experience the most dynamic training program around. This 30-minute class incorporates incline training, vibration training, and dynamic weight movements that will have you burning calories like never before. Get ready to enjoy exercise!

* **Orientation Class**