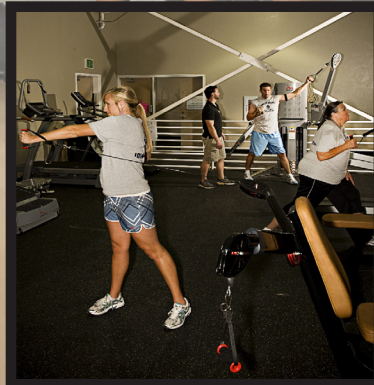




New Club Fit Classes

All Fitness Levels, High Calorie Burn, Guaranteed Results!

TRX • Boot Camp • MC²



- Flexible 30 Minute Classes That Fit Your Schedule
- You Choose the Time
- We Guarantee Results!

YOUR CLUB • YOUR RESULTS • YOUR LIFE

New Club Fit Classes

Introductory 10 Minute Workouts

Monday

TRX	6:00 AM
MC2	6:30 AM

Tuesday

TRX	6:00 AM
MC2	6:30 AM

Wednesday

MC2	7:00 AM
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TRX	3:00 PM
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MC2	3:30 PM
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Thursday

TRX	7:00 AM
MC2	7:30 AM

TRX	12:00 PM
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MC2	12:30 PM
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Friday

TRX	7:30 AM
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MC2	10:30 AM
-----	----------

TRX	11:00 AM
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Saturday

TRX	9:00 AM
MC2	9:30 AM

TRX	1:00 PM
MC2	1:30 PM

TRX	9:00 AM
MC2	9:30 AM

TRX	6:30 PM
MC2	7:00 PM

TRX	4:30 PM
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MC2	4:00 PM
TRX	4:30 PM

TRX	6:00 PM
MC2	6:30 PM

TRX	5:00 PM
MC2	5:30 PM

TRX	6:00 PM
MC2	6:30 PM

TRX - suspension training. Build total body strength, balance, flexibility and core stability for all fitness levels!
MC2 - burn calories like never before, with incline training, dynamic weight movements, and vibration training!

Convenient 30 minute workouts that "fit" your schedule!

Fall in love with exercise again!

Full Workouts begin August 3rd, see Front Desk for Details!