

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|--|---|--|--|--------|
| Core & Cardio Accereration 5:45 AM Jen TRX 4:30 PM Maureen HIIT Kickboxing 5:30 PM Rachel | Strength & Conditioning 5:30 PM Gary | Ultimate Conditioning 5:45 AM Jen HIIT 5:00 PM Gary MetCon 101 6:00 PM Adam TRX 7:00 PM Diane | Lifting 101 4:30 PM Karinne HIIT Kickboxing 5:30 PM Rachel | Liquid Strength 7:30 AM Kori Simply Circuits 5:00 PM Gary | Lifting 101 9:30 AM Karinne | |

Fundamentals Classes

Tuesday

6:00 PM

Thursday

11:00 AM
6:00 PM

Saturday

9:30 AM

Reservation Required **RR**

Club Hours
Monday-Friday
 5 AM - 11PM
Saturday - Sunday
 7 AM - 7PM

Kids' Club Hours
Monday-Friday
 8:30 AM - 1 PM & 4 PM-8:30 PM
Saturday - Sunday
 8AM-1PM

Note: Class and instructors are subject to change without prior notice. **Reservations open at 4AM. As a courtesy to other members, please arrive to class on time.**



Cellphones are not permitted in class. Thank You