



Group Training Schedule

All training 30 minutes: 3-person minimum
 Personal Training Available Monday – Friday
 Saturdays by Appointment



Download the MindBody app to book All Training
 New Class FiT Happens! Starting Feb. 13th

FEBRUARY 2023 SCHEDULE					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Mobility (Zoom Only) 7:45 a.m.		FUNctional Training (Zoom Only) 7:45 a.m.	<i>Help us celebrate our 3rd Birthday! 2/3/23</i>	
TRX PLUS 8:15 a.m. No Class 2/6	FUNctional Training 8:30 a.m.	Circuit Training 8:15 a.m.	Women & Weights 8:30 a.m.	Women & Weights 8:15 a.m.	
Women & Weights 9:00 a.m. No Class 2/6		Women & Weights 9:00 a.m.		BOSU FITNESS 9:00 a.m.	Circuit Training 9:30 a.m.
FiT Happens! 9:30 a.m. Starts 2/13		FUNctional Training 11:15 a.m.		Women & Weights 10:30 a.m. Starts 2/10	
Women & Weights 5:45 p.m.	FUNctional Training 5:45 p.m.		Circuit Training 5:45 p.m.	FiT Happens! 1:00 p.m. Starts 2/10	

- Bosu Fitness:** Build cardio and muscular endurance, in this full body calorie scorcher! Class utilizes weights and bands.
- Circuit Training:** Move from station to station in this fun, fast and efficient workout. A combination of upper, lower and whole body exercises will elevate your heart rate and improve muscular strength endurance.
- FiT Happens!:** If you're looking to get back into shape, this class is for you. Class will use a combination of mobility and basic strength training to help you feel reenergized, renewed, and refocused!
- FUNctional Training:** Train your body for the activities you perform in life. This training focuses on movements to increase strength and stability and improve mobility and posture, utilizing a variety of resistance tools.
- Mobility (Zoom):** Become a stronger you through mobility. Mobility training is the ability to move your joints actively through a range of motion. Mobility is for everyBODY. Consider this your recovery workout.
- TRX Plus:** You will simultaneously gain both core endurance and muscular strength, as you perform back-to-back exercises, using weights, bands, and the TRX suspension trainer!
- Women & Weights:** Get sculpted with this full-body workout. Utilizing weights in a structured format will help you shred fat, increase metabolism and mood, and tone muscles. Training is low-impact and designed for all fitness levels.