

FREE THE WEEK OF 3/23-3/27

APR 1ST - APR 30TH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
12:00PM - 1:00PM YIN YOGA & SOUND MEETING ROOM ALEJANDRA (16)	12:45PM - 1:45PM GRIT60 YARD HEATHER (12)	9:00AM - 10:00AM FLOW & BALANCE YOGA MEETING ROOM ALEJANDRA (20)	6:15AM - 7:15AM TRX STRENGTH & RIP TRAINING YARD MELANIE (10)
	6:30PM - 7:30PM GAINZ YARD MARCELLUS		12:45PM - 1:45PM GRIT60 YARD HEATHER (12)
			6:30PM - 7:30PM GAINZ YARD MARCELLUS



RESERVE YOUR SPOT ONLINE



GRIT60



GRIT60 is designed exclusively for women looking to build strength, confidence, and endurance in a supportive, empowering environment. This 4-week program focuses on high-intensity condition & progressive overload in major lifts, helping you increase muscle tone, improve functional fitness, and develop full-body strength.



GAINZ



GAINZ was created to decrease intimidation in weight training and learn the benefits. This 6-week specialized group training class will focus on weight training & learning the fundamentals of three main lifts: Bench Press, Squat, and Deadlift. Join to build confidence & achieve new personal records! All fitness levels are welcome.



FLOW AND BALANCE



FLOW AND BALANCE links breath with slow challenging movement through smooth transitions between postures, helping improve balance and body control.



YIN YOGA & SOUND



YIN YOGA & SOUND combines slow-paced movements and deep-held stretches using different props while listening to the sound of instruments. It aims to improve flexibility and promote relaxation



TRX STRENGTH & RIP TRAINING



Think bodyweight training is easy? Think again. Our **TRX STRENGTH & RIP TRAINING** class uses suspension straps and the RIP Trainer to turn gravity into your toughest training partner. Build strength, improve balance, and torch calories with full-body functional movements scaled to any fitness level.

Drop In Prices:

Members - \$10

Non-Members - \$15

DISCOUNTED PRICES FOR REGISTERING FOR AN ENTIRE MONTH

FEE BASED AND REQUIRE PAYMENT AT TIME OF REGISTRATION.