

















	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15am - 6:05am		LIFT & RUN YARD CARLOS (20)		LIFT & RUN YARD CARLOS (20)		
6:00AM - 6:50AM			HIIT MEETING ROOM MELANIE (20)			
7:00AM-7:50AM	STRENGTH & CONDITIONING MEETING ROOM JOLENE (20)	CYCLE STRENGTH MEETING ROOM KATHY (10)	CIRCL MOBILITY™ MEETING ROOM JOLENE (20)			
8:00AM - 8:50AM	CM HIIT MEETING ROOM CARLOS (15)	ULTIMATE CONDITIONING MEETING ROOM VICTOR (20)	CM HIIT MEETING ROOM VICTOR (15)	YOGA MEETING ROOM ALEJANDRA (18)	ULTIMATE CONDITIONING MEETING ROOM JOE (20)	CYCLE STRENGTH MEETING ROOM KATHY (10)
8:30AM - 9:20AM			AQUA FIT POOL TERI (25)	AQUA FIT POOL TERI (25)	AQUA FIT POOL TERI (25)	
9:00AM - 9:50AM	TONE & SCULPT MEETING ROOM TERI (15)	TONE & SCULPT MEETING ROOM ALEJANDRA (20)		CM HIIT MEETING ROOM JOE (20)	YOGA MEETING ROOM ALEJANDRA (22)	ULTIMATE CONDITIONING MEETING ROOM ANGELA (25)
9:30AM - 10:20AM		AQUA FIT POOL JOLENE (25)	AQUA FIT POOL TERI (25)	AQUA FIT POOL TERI (25)	AQUA FIT POOL TERI (25)	
10:00-10:50AM	CM HIIT MEETING ROOM JOE (20)	ULTIMATE CONDITIONING MEETING ROOM JOE (15)	CHAIR YOGA MEETING ROOM ALEJANDRA (9)		CHAIR YOGA MEETING ROOM ALEJANDRA (9)	CARDIO FUSION MEETING ROOM ANGELA (40)
11AM-11:50AM					TONE & SCULPT MEETING ROOM JOLENE (20)	

-  Strength & Conditioning
-  Aqua Aerobic
-  Cardio & Dance
-  Cycle
-  Mobility & Recovery



RESERVE YOUR SPOT ONLINE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12:30PM - 1:20PM			CM HIIT YARD MARCELLUS (24) 			
4:00PM - 4:50PM		LEG DAY YARD VICTOR (15) 		LEG DAY YARD VICTOR (15) 		
5:00PM - 5:50PM		CROSS STRENGTH YARD CARLOS (15) 		CROSS STRENGTH YARD VICTOR (15) 	AQUA FIT POOL JOLENE (25) 	
5:30PM - 6:20PM			XTREME HIP HOP® STEP MEETING ROOM LATISHA (24) 	XTREME BURN® MEETING ROOM LATISHA (24) 		
6:00PM - 6:50PM	CYCLE YOGA MEETING ROOM KATHY (10) 					
6:30PM - 7:20PM			KETTLEBELL FOUNDATIONS YARD MELANIE (15) 	DANCE HIIT MEETING ROOM JARVIER (35) 		

STRENGTH & CONDITIONING

Our Strength and Conditioning classes combine strength training, high-intensity cardio, core sculpting, and flexibility to help you build endurance, burn fat, and improve overall fitness.

MOBILITY & RECOVERY

Our mind-body classes focus on flexibility, strength, balance, and relaxation. Yoga helps release tension and deepen flexibility, while tone & sculpt builds muscle endurance and functional strength promoting overall well-being.

CARDIO & DANCE

Our high-energy cardio classes combine dance, step, and full-body workouts set to motivating music. From the uplifting Zumba to the intense Xtreme Burn, each class keeps you moving and burning calories.

AQUA FITNESS

Our Aqua Fitness classes combine water resistance with strength, cardio, and flexibility for a full-body, low-impact workout. Each class builds endurance, protects your joints, and enhances balance, core strength, and flexibility.



CYCLE



Our fusion cycling classes offer a balanced mix of cardio, strength, and recovery. Cycle Strength alternates high-energy cycling with full-body dumbbell training, while Cycle Yoga Fusion combines intense intervals with yoga stretches to enhance flexibility and prevent overuse injuries. Perfect for all fitness levels, these classes build endurance, strength, and mobility.