

SMALL GROUP TRAINING SCHEDULE

MEMBER

4 Sessions - \$50

8 Sessions - \$90

12 Sessions - \$135

NON-MEMBER

4 Sessions - \$60

8 Sessions - \$110

12 Sessions - \$165

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					7:00 – 7:30 am TRX® Bootcamp Gavin	
	8:30 – 9:00 am Build Stronger Bones Rick		8:30 – 9:00 am Build Stronger Bones Rick		8:30 – 9:00 am Build Stronger Bones Rick	
		9:30 – 10:00 am Inferno Josh				
					10:00 – 10:30 am Melt Your Muffin Top Mel	10:00 – 10:30 am Beat the Heat Joe
		11:00 – 11:30 am Build Stronger Bones + Rick <i>Trainer Approval Required prior to Attendance</i>		11:00 – 11:30 am Build Stronger Bones + Rick <i>Trainer Approval Required prior to Attendance</i>		11:00 – 11:30 pm Roots Paige
	11:45 – 12:15 pm Functional Balance Rick			11:45 – 12:15 pm Build Stronger Bones Rick		11:30 – 12:00 pm Chicks Who Lift Paige
	12:30 – 1:00 pm Functional Balance Rick	12:30 – 1:00 pm Steady & Strong Parkinson's Rick		12:30 – 1:00 pm Steady & Strong Parkinson's Rick	12:30 – 1:00 pm Functional Balance Rick	
			2:00 – 2:30 pm Build Stronger Bones Rick			
			2:30 – 3:00 pm Build Stronger Bones Rick			
	5:45 – 6:15 pm Chicks Who Lift Marlyn	5:15 – 5:45 pm Roots Paige	5:45 – 6:15 pm Melt Your Muffin Top Kathy	5:30 – 6:00 pm Boost Your Glutes Alex		
	6:30 – 7:00 pm Melt Your Muffin Top Marlyn	6:00 – 6:30 pm Inferno Paige	6:30 – 7:00 pm Booty Boot Camp Kathy	6:00 – 6:30 pm Chicks Who Lift Marlyn		

Note: Trainers, times and classes subject to change without notice. Class size is limited to 5 participants. Pre-registration is required. Sessions expire 40 days after purchase

- Roots Beginner – Intermediate
- Inferno Intermediate – Advanced
- Functional Balance and Build Stronger Bones Beginner – Senior
- Strength
- Parkinson's
- + Plus Added level of challenge