

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:10AM	Small Group Training		Small Group Training		Small Group Training	
6:00AM	Small Group Training	TRX/CORE Starts 5/23/23	Small Group Training	TRX/CORE Starts 5/23/23	Small Group Training	
8:00AM						8:15 Bootcamp*
9:00AM	Small Group Training	Kettlebell	Small Group Training	Kettlebell	Small Group Training	
10:00AM						
11:00AM	Stronger Living		Stronger Living		Stronger Living	

Lunch Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12:00PM	Small Group Training		Small Group Training		Small Group Training	

Evening Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:30PM	Small Group Training	Bootcamp	Small Group Training	Bootcamp	Small Group Training	
5:30PM	Small Group Training	Golf Conditioning (Seasonal)	Small Group Training	Golf Conditioning (Seasonal)		
6:30PM						

All Classes require an additional charge to membership, see your favorite trainer for details!

Tier 1 - Small Group Training - \$89 per Month

Essentially Personal Training in a Group Setting, Small Group Training is intended to work all Major Muscle Groups while teaching Proper Technique and giving Personal Attention to each exercise and participant. Strength Training is at the heart of any fitness goal, and is the focus of our Program. *Tier 1 also includes Kettlebell, Power Burner & TRX/CORE!*

Tier 2 - Kettlebell/Bootcamp - \$49 per Month

Kettlebell Class focuses on our most versatile piece of equipment. This class uses timed intervals to get your cardio, strength and conditioning all at once! BOOTCAMP IS BACK! Kick your butt with some High Intensity Circuit Training! This class will emphasize building mental fortitude while having a killer cardio focus. Both of these classes are a great way to supplement your training program! * Check App, training room or FB Group for Summer Outdoor Bootcamps.

Tier 2 - TRX/CORE - New!! - \$49 per month

This 30 minute class is a great addition to your strength routine. Using the versatile TRX, you will be able to seriously strengthen your core and lower back by using the resistance of nothing more than your body weight. Beginners to TRX are welcome.

Class will be evaluated for 6 weeks based on participation.

Tier 2 - Stronger Living - \$49 per Month

After the age of 40 we lose about 5% of our muscle mass per decade, this is the opportunity to reverse that effect. This workout is intended to maintain/increase muscle mass to maintain a healthy youthful appearance and lifestyle, while focusing on stability and endurance to not only increase your lifespan but your ability to enjoy your life! *Small Group Training does NOT include Stronger Living.

Golf Conditioning Program- (Seasonal) \$120 for Members | \$180 Non-Members

Increase drive distance and lower your chance of back injury with this golf movement specific workout program. We will focus on rotational strength and mobility needed for the swing, power and balance.