



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Junior Fitness Fun 10:00am-10:30 with Michael
Lose2Win 12:00pm-1:00 with Carl		Lose2Win 12:00pm-1:00pm with Carl			
	Tough Sweat 4:30pm-5:30 with Carl		Tough Sweat 4:30pm-5:30 with Carl		
			TRX 5:00pm-6:00 With Liddy		



## **Junior Fitness Fun with Michael**

A fun environment to start the kids on their fitness journey. We will get them up and moving with exercises suitable to their age creating a safe way for them to learn and grow. Ages 10-13.

**\$60.00 for members, \$80.00 for non-members. One day per week. Six-week commitment.**

## **TRX with Liddy**

**TRX** delivers results with dynamic total body exercises that build strength, balance, flexibility, and core stability with hundreds of functional exercises.

**\$90.00 for members, \$120.00 for non-members. One day per week. Six-week commitment.**

## **Tough Sweat with Carl**

If you are looking for a fun, interactive way to reach your health and fitness goals this is the class for you. Which includes Individualized exercises for your fitness level.

**\$180.00 for members, \$240.00 for non-members. Two days per week. Six-week commitment.**

## **Lose 2 Win with Carl**

Excellent class for beginners, looking to stay motivated and held accountable to reach their weight loss goal. A safe and challenging way to burn calories and speed up your metabolism.

**\$180.00 for members, \$240.00 for non-members. Two days per week. Six-week commitment.**

**\*\*Each class averages out to \$10 or \$15 per class\*\***