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**\*\*\$15 for Non-Mbr OR included in \$75/mo MBRSHIP**

**\*\$5-10 OR \$75/mo. membership**

**FIRST TIMERS (\$28/14 DAYS/UNLIMITED CLASSES)**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15-6:15am Weight Training Need Assessment	5:15-6:15am Weight Training Need Assessment	5:15-6:15am Weight Training Need Assessment	5:15-6:15am Weight Training Need Assessment	5:15-6:00am "G" Battle Ropes w/Kerry Ann	7-8:00am Weight Training Need Assessment	7:30-8:15am "G" Battle Balls, Bands & Boards w/Pat
5:15-6:15am Bounce/Kangoo w/Ireka \$0 MEMBERS \$12 NONMEMBERS cash app \$smith2384 Need Boots? 682-554-2523	5:15-6:00am FHIIT & Toning w/Jen	ENDS 5/29/24 "G" Battle Balls, Bands &	5:15-6:00am "G" Battle Ropes w/Kerry Ann	ENDS 5/31/24 5:15-6am "G" Fit Cycle w/Gena B	8-9:00am Weight Training Need Assessment	
10-10:45am FHIIT & Toning w/Pat	10-10:45am Silver & Gold w/Shelley	BEGINS 6/5/24 5:15-6:00am "G" CYCLE w/Pat	10-10:45am Silver & Gold w/Shelley	5:30PM SPECIALTY CLASSES COMING SOON!!!!	8-8:45am "G" Battle Ropes w/Kerry Ann, Pat & Twana SPECIFIC INSTRUCTOR LISTED UPON SIGN UP	
5:30-6:30pm Bounce/Kangoo w/Ireka \$0 MEMBERS \$12 NONMEMBERS cash app \$smith2384 Need Boots? 682-554-2523	5:30-6:15pm "G" Battle Ropes w/Kerry Ann	6-7pm Weight Training Need Assessment	5:30-6:15pm FHIIT & Toning w/Pat	5:30-6:15pm FHIIT & Toning w/Pat	8:55-9:40am Xtreme Step w/Arkeva	
5:30-6:30pm Weight Training Need Assessment	5:30-6:30pm Weight Training Need Assessment	5:30-6:15pm TBA Fitness (Thighs, Booty, Abs) w/Twana	5:30-6:30pm Weight Training Need Assessment	6:30-7:30pm Weight Training Need Assessment		
6:40-7:25pm Xtreme Step w/Jen	6:15-7:20pm Heavy Bag Boxing Fitness w/Stephen	6:20-7:05pm Hip Hop w/Carmille	6:15-7:20pm Heavy Bag Boxing Fitness w/Stephen	6:15-7:20pm Heavy Bag Boxing Fitness w/Stephen		
7:35-8:20pm Hip Hop Burn + Booty & Abs w/Jen	6:15-8:00pm Xtreme Step w/Arkeva or Jen	7:15-8:00pm Xtreme Step w/Arkeva or Jen	7:30-9pm Urban Line Dance w/Deitra	7:30-9pm Urban Line Dance w/Deitra		

**EFF. 05/24**

**TYPES OF CLASSES**

- LOW IMPACT/BEGINNERS
- CARDIO FITNESS
- DANCE FITNESS
- CARDIO/TONING/HIIT
- INTERVAL FITNESS
- STRENGTH TRAINING

