<table>
<thead>
<tr>
<th>MON</th>
<th>TUES</th>
<th>WED</th>
<th>THURS</th>
<th>FRI</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kickboxing with Jasmine 7:00am 45 mins</td>
<td>Total Body Circuit with Mackenzie 7:00am 45 mins</td>
<td>Kickboxing with Jasmine 7:00am 45 mins</td>
<td>Total Body Circuit with Mackenzie 7:00am 45 mins</td>
<td>TRX with Mackenzie 12:00pm 45 mins</td>
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<tr>
<td>Total Body Circuit with Katie 12:00pm 45 mins</td>
<td>Cycle 25 with Mackenzie 12:00pm 25mins</td>
<td>Total Body Lift with Mackenzie 12:00pm 45 mins</td>
<td>Cycle 25 with Mackenzie 12:00pm 25mins</td>
<td>Total Body Lift with Mackenzie 12:00pm 45 mins</td>
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<tr>
<td>Bootcamp with Ava 5:00pm 45 mins</td>
<td>Total Body Lift with Mackenzie 5:00pm 45 mins</td>
<td>TRX with Mackenzie 12:00pm 25mins</td>
<td>TRX with Mackenzie 12:00pm 45 mins</td>
<td>Pilates with Isabel 6:00pm 45 mins</td>
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<tr>
<td>Yoga with Lauren 6:00pm 45 mins</td>
<td>Pilates with Isabel 6:00pm 45 mins</td>
<td>Yoga with Tiffany 6:00pm 45 mins</td>
<td>Pilates with Isabel 6:00pm 45 mins</td>
<td>Bollywood Hip Hop 6:00pm 45 mins</td>
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<tr>
<td>Bollywood Hip Hop with Manasa 7:00pm 45 mins</td>
<td>Bootcamp with Ava 7:00pm 45 mins</td>
<td>Total Body Circuit with Katie 7:00pm 45 mins</td>
<td>Total Body Circuit with Mackenzie 7:00pm 45 mins</td>
<td>Total Body Circuit with Katie 7:00pm 45 mins</td>
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</tbody>
</table>

All classes are free to students & members.

All participants are encouraged to arrive 5-10 minutes prior to class to check-in. All participants must have a signed liability waiver per each calendar year which can be completed during check-in or on our website.
**Cardio**

**Kickboxing:** Train like a fighter in kickboxing conditioning, the total body workout that will have you feeling fit for the ring. You will learn basic Kickboxing, Muay Thai, and Western-Boxing techniques through circuit training with a variety of modalities for all fitness levels in a workout designed to improve overall strength and cardio endurance.

**Bollywood Hip Hop:** This fun cardio workout fuses hip hop and bollywood dance together for a totally unique fitness experience for all fitness levels!

**Total Body Circuit:** Keep it moving with this quick-paced full-body workout using both resistance and cardiovascular training in a circuit-based class.

**Cycle 25:** This high-intensity class incorporates hills, flats, and speed work all set to music and/or timed intervals to improve your power! All levels are welcome! If you’re new to cycling, come a few minutes early and we’ll get your bike set up!

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**Strength**

**Total Body Lift:** This full-body workout is designed to improve muscular endurance and strength through resistance training and weight lifting.

**TRX:** Suspension training uses straps, gravity, and your body weight to increase your strength, balance, flexibility, and core stability. The TRX allows for intensity adjustments and customization for each participant making it perfect for all fitness levels!

**Bootcamp:** This high intensity class provides a challenging workout that combines strength, cardiovascular, and functional mobility/stability training in a team based environment.

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**Mind Body**

**Yoga:** Connect the mind and body seamlessly through a series of both standing and floor postures. Feel strong, invigorated, and refreshed while you lengthen and strengthen your entire body.

**Pilates:** This mat based class is a form of low-impact exercise that aims to strengthen muscles while improving postural alignment and flexibility. Pilates works to strengthen the full-body but focuses on using the core as the foundation for all movement.

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