



Move. Connect. Thrive.

STRONGER TOGETHER.



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	 BAR EFFECT Denese Hall	 STRENGTH TRAINING Ingrid Stutzman	 PILATES MAT, ROLLER & RING Ingrid Stutzman	 FUNCTIONAL CIRCUIT TRAINING Sunil Rebeiro	 STRENGTH & CONDITIONING Ingrid Stutzman		
8:00 AM		 PILATES CIRCUIT TRAINING Ingrid Stutzman		 PILATES MAT, ROLLER & RING Michelle Rahlves		 PILATES CIRCUIT TRAINING / BAR EFFECT Alternates weekly Ingrid Stutzman	 FUNCTIONAL CIRCUIT TRAINING Sunil Rebeiro
9:15 AM	 STRENGTH TRAINING Ingrid Stutzman	 BAR EFFECT Michelle Rahlves	 FUNCTIONAL CIRCUIT TRAINING Sunil Rebeiro	 BAR EFFECT Michelle Rahlves	 STRENGTH TRAINING Ingrid Stutzman	 ALIGN YOGA Emily Williams	 ALIGN YOGA Brooke Haley
10:30 AM						 STEP & STRENGTHEN Rebecca Reich	
11:00 AM		 POSTNATAL YOGA Arielle Patton Hall Code MAMA & save \$10					
3:30 PM	 TEEN STRENGTH FOUNDATIONS 4-WEEK SERIES Sunil Rebeiro	 KIDS MOVEMENT FOUNDATIONS AGES 4-7 YEARS - 4-WEEK SERIES Ashley Anderson	 TEEN STRETCH & RECOVER FOUNDATIONS 4-WEEK SERIES Ingrid Stutzman	 TEEN STRENGTH FOUNDATIONS 4-WEEK SERIES Sunil Rebeiro			
5:15 PM	 STRENGTH CIRCUIT TRAINING Sunil Rebeiro	 PILATES MAT, ROLLER & RING Denese Hall	 ALIGN YOGA Emily Williams	 STRENGTH TRAINING CIRCUIT Sunil Rebeiro	 FUNCTIONAL CIRCUIT TRAINING Sunil Rebeiro		
6:30 PM	 VINYASA FLOW / MEDITATION Donation-Based Sunil Rebeiro	 ROLL, RELEASE, RECOVER Holly Pyper		 STEP & STRENGTHEN Rebecca Reich			

CLASS TYPE KEY

 STRENGTH	 PILATES
 CIRCUIT	 BAR EFFECT
 YOGA / RECOVERY	 STEP
 TEEN / KIDS	

USE OUR PROMO CODES

FIRSTFREE	FIRST CLASS FREE
WELCOME	20% OFF ANY PACKAGE
NEWMEMBER	50% OFF FIRST MONTH UNLIMITED + OPEN GYM

BOOK YOUR CLASS



SCAN TO VIEW
THE FULL
SCHEDULE



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