

Group Training Schedule

Monday

4 & 5 PM (Beginner - Intermediate)

Body Sculpt w/ Alex

6 PM (Int. -Advanced)

Strength Circuit w/ Jordan & Alex

7:15 PM (Advanced)

Strength & Conditioning w/ Jon

Thursday

6 AM (Beg. -Int.)

Abs, balance, butt & cardio w/ Alex

12 PM (Int.)

Superior Athletic Strength w/ Dustin

6:45 PM (Adv.)

Superior Athletic Strength w/ Dustin

Tuesday

6 AM (Beg. -Int.)

Abs, balance, butt & cardio w/ Alex

12 PM (Int. – Adv.)

Superior Athleticism w/ Dustin

5:30 PM (Adv.)

Superior Athleticism w/ Dustin

7PM (Beg. - Adv.)

Cardio Boxing w/ Jonny

Friday

12 PM (All levels) Yoga w/ Ashe

Donation based class!

Wednesday

4 & 5 PM (Beg. -Int.)

Body Sculpt w/ Alex

6 PM (Int. -Adv.)

Aerobic Conditioning w/ Jordan & Alex

7:15 PM (Adv.)

Strength & Conditioning w/ Jon

Saturday

8:45 AM (Int. – Adv.)

Weekend Warrior w/ Jordan

10 AM (Adv.)

Superior Body Sculpt w/ Alex

11 AM (Adv.)

Strength & Conditioning w/ Jon

Sunday

8:30 AM (All levels)

Restorative Yoga w/ Joey

Donation based class!

