

**FREE**  
fitness classes  
for ALL members!

	Monday	Tuesday	Wednesday	Thursday	Friday
6:00 - 6:30	WO Core	WO Upper Body	WO Stretch		30 Minute Circuit
6:30 - 7:00	WO 30 Minute Circuit	WO Lower Body	WO TRX		Core
7:00 - 7:30	WO Stretch	WO PF360 Burn	WO Program Design		Stretch
7:30 - 8:00	WO PF360 Burn	WO Core	WO Upper Body		Upper Body
8:00 - 8:30	WO PF360 Strength	WO Stretch	WO Lower Body		TRX
8:30 - 9:00	WO TRX	WO Program Design	WO 30 Minute Circuit		
9:00 - 9:30					
9:30 - 10:00	WO 30 Minute Circuit	WO PF360 Strength	WO Core		
10:00 - 10:30	WO Upper Body	WO TRX	WO PF360 Burn		Program Design
10:30 - 11:00	WO Lower Body	WO 30 Minute Circuit	WO PF360 Strength		PF360 Burn
11:00 - 11:30	WO Stretch	WO Core	WO Lower Body		PF360 Strength
11:30 - 12:00	WO Program Design	WO Stretch	WO 30 Minute Circuit		Stretch
12:00 - 12:30					
12:30 - 1:00					
1:00 - 1:30					
1:30 - 2:00					
2:00 - 2:30					
2:30 - 3:00					
3:00 - 3:30					
3:30 - 4:00					
4:00 - 4:30	Upper Body	PF360 Strength	TRX	PF360 Burn	
4:30 - 5:00	Lower Body	PF360 Burn	Core	Program Design	
5:00 - 5:30	30 Minute Circuit	Program Design	Stretch	Lower Body	
5:30 - 6:00	Core	Upper Body	PF360 Strength	30 Minute Circuit	
6:00 - 6:30	Stretch	Lower Body	PF360 Burn	Core	
6:30 - 7:00	Program Design	30 Minute Circuit	Upper Body	Stretch	
7:00 - 7:30	PF360 Burn	Core	Lower Body	Program Design	
7:30 - 8:00	TRX	Stretch	30 Minute Circuit	PF360 Strength	

**PROGRAM DESIGN** Have our trainer design a workout tailored to your fitness goals.

**30 MINUTE CIRCUIT** We'll take you through a fast, effective, full-body workout.

**STRETCH** Start the recovery process and enhance your flexibility with this relaxing post-workout session.

**CORE** This session will help tighten and tone your abdominals, obliques, and lower back.

**UPPER BODY** Push and pull your way to increased upper body strength with this ever changing muscle class.

**LOWER BODY** Build leg strength and improve function with this ever changing lower body class.

**PF360 BURN** Get your heart rate up in this cardio-focused session.

**PF360 STRENGTH** Build your strength and power in this fun-filled workout.

**TRX** Whole body suspension training based solely on the TRX to increase mobility and strength.

**WO** These sessions are held for women only.

