

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30-10 am Core Board w/Sue		8:30-10 am Core Board w/Sue		8:30-10 am Core Board w/Sue	8-9 am Rock Pilates w/Leah
	11-12 pm Hot Flash Attack w/Alexis		11-12 pm Hot Flash Attack w/Alexis	10-11 am TRX Boot Camp w/Jen	10-1130 am Cardio Sculpt w/Alexis
	12:30-1:30 pm Rock Pilates w/Jen	12-1 pm Sweat & Sculpt w/Jen	12:30-1:30 pm Pilates on the Ball w/Jen	12-1 pm Reformer Pilates w/Jen	
2-3 pm Reformer Pilates w/Jen		2-3 pm Reformer Pilates w/Jen			
	6-7pm Pre/Post-Natal Strength Training w/ Eric		6-7pm Pre/Post-Natal Strength Training w/ Eric		
6-7 pm Rock Pilates w/Leah	6-7 pm Reformer Pilates w/Leah		6-7 pm Reformer Pilates w/Leah		

ASSET MANAGEMENT · Get your assets in order with sculpting leg work and stomach burning ab exercises. **\$35**

CARDIO SCULPT · 90 minutes of challenging free weights & cardio that tones the muscles and transforms the body. **\$40**

CORE BOARD · An all-level cardio class using Reebok core boards to get your heart rate up as you burn calories fast. **\$35**

HOT FLASH ATTACK · Defy your age by building strength, increasing bone mass, and improving your metabolism. **\$35**

PILATES ON THE BALL · Slim & trim your body in this vigorous Pilates-inspired workout with stability balls and light weights. **\$25**

REFORMER PILATES · An all-level class on Pilates Reformer beds that strengthens the core and improves posture. **\$25**

ROCK PILATES · Set to rock music this fast-paced Pilates class includes mat work, jumping, & athletic reformer exercises. **\$25**

SWEAT & SCULPT · Improve heart fitness and lose inches with high-intensity cardio intervals & weight training circuits. **\$25**

TRX BOOT CAMP · An intense total-body workout using cardio drills & the Navy SEAL developed TRX suspension system. **\$25**

Class Series

Purchase a package of 10 classes
and receive an additional class FREE

(No expiration to use classes)

GYM MEMBERSHIP

\$20 per month

Use the cardio & weight room anytime
(with the purchase of a class series)

CLASSES ARE KEPT SMALL. CALL TO MAKE YOUR RESERVATION 949.719.2600