

# Fitness Rx

Effective Oct 2023

STARTS AT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
5:30 AM	Bootcamp w/ Mark (\$10) (30 min)		Bootcamp w/ Mark (\$10) (30 min)		Bootcamp w/ Mark (\$10) (30 min)			
9:00 AM	Group Weight Training w/ Mark (\$10) (45 min)		Group Weight Training w/ Mark (\$10) (45 min)		Group Weight Training w/ Mark (\$10) (45 min)	Woman Boxing / Hand striking cardio w/ Mark	Group Weight Training w/ Mark (\$10) (30 min)	
10:00 AM						MMA Kids Karate & Cross Training (\$\$) (60 min)		
10:00 AM						Strong Man w/ Brian 1 to 2 hours Beginner to Advanced		
11:00 AM								
4pm								
4:30 PM			MMA Kids Karate & Cross Training (\$\$) (60 min)					
5:30 PM	Barbell & Dumbell w/ Sara (30 Mins)	Body Circuit & Burn w/ Sara (30min)		Body Circuit & Burn w/ Sara (30min)				LEGEND:
			TRX & Abs w/ Mark (30 min)					
		Boxing w/ Danny (60min)		Boxing w/ Danny (60min)				Paid Class or Included w/ Cross Training Membership
6:00 PM	30 Days of GRIT woman program w/ Mark (\$\$) (30 min)	Yoga w/ Doug (60 min) - 3rd Tuesday of every month ends at 6:45 pm	30 Days of GRIT woman program w/ Mark (\$\$) (30 min)	Yoga w/ Doug (60 min)				Paid Class / separate from membership
6:00 PM		Shape Your Booty w/ Shelby 30 min	Hip Hop w/ LaTonya 60 min	New Time!				Class included w/membership
6:30 PM	PUMP w/ Holly 30 min							
7:00 PM	Invitation Only workout w/ Mark special \$		Invitation Only workout w/ Mark special \$					