Fitness Rx

Effective Octorber 2021

EASTON Class Schedule

STARTS AT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am		Bootcamp w/ Mark at Gym OUTSIDE ($15) (45 mins)		Bootcamp w/ Mark at Gym OUTSIDE ($15) (45 mins)			
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)		Group Weight Training w/ Mark ($10) (45 min)
10:00 AM						MMA Kids Karate & Cross Training ($$) (60 min)	
11:00 AM							
4pm		MMA Kids Karate & Cross Training Nov		MMA Kids Karate & Cross Training Nov			
4:30 PM			MMA Kids Karate & Cross Training ($$) (60 min)				
5:15 PM		Body Circuit w/ Denaya (45min)		Body Circuit w/ Denaya (45 min)			
5:30 PM	TRX & Abs w/ Mark (30 min)		TRX & Abs w/ Mark (30 min)				
	Zumba w/ Jen (45 min)		Zumba w/ Jen (45 min)				
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)			
6:15 PM	POUND w/ Jen (45 min)						
6:30 PM	Runners Cross Training w/ Mark ($$) (30 min)		Runners Cross Training w/ Mark ($$) (30 min)				
7:00 PM							

LEGEND:
Paid Class or Included w/ Cross Training Membership
Paid Class / separate from membership
Class included w/membership