



Fitness Rx

Effective July 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)			
			TRX & Abs w/ Mark (30 min)				
		Boxing w/ Danny (60min)	Zumba w/ Vanessa (45 min)	Boxing w/ Danny (60min)			
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)			
6:00 PM	New Time 	Shape Your Booty w/ Shelby 30 min	 New Time				
6:30 PM	PUMP w/ Holly 30 min		Hip Hop w/ LaTonya 60 min				
7:00 PM	Invitation Only workout w/ Mark special \$		Invitation Only workout w/ Mark special \$				

LEGEND:

Paid Class or Included w/ Cross Training Membership

Paid Class / separate from membership

Class included w/membership