



ADVANCED TRAINING SEPTEMBER & OCTOBER

OutFITT

Thursdays • 11:30am-12:30pm

with *Mike L*

Outside | 4 week | Session 1 & 2

Get ready for an adventure! We're taking this high-energy, calorie-burning class outside. Our Trainers will inspire you to band together with fellow participants to achieve your fitness goals in these boot-camp-style sessions. Join us for a fun outdoor challenge as we tag team an endless variety of strength, endurance and speed training activities designed to get results. Make the most of your summer and get out there!

FIT Kids

Fridays • 12:30pm-1:30pm

with *Katelyn S*

Studio 1 | 7 week

Join us for a high-energy class where kids will try a variety of workout formats and cardio circuits. This progressive class will help kids develop and increase their athletic ability.

Register for Advanced Training at the Front Desk.

12 Week

REBOOT - Recharge, Refocus, Results

Starting September 21. Watch for more details coming soon!

7 Week

Classes meet once a week for a 7-week session

7-Week Fee: \$70 member | \$105 non-member

Drop-In Fee: \$15 member | \$20 non-member

4 Week

Classes meet once a week for a 4-week session

4-Week Half-Hour Fee: \$45 member | \$65 non-member

4-Week Hour Fee: \$90 member | \$110 non-member

Session 1 (S1) begins September 8

Session 2 (S2) begins October 6

DOWNTOWN