FLEX 24

GROUP FITNESS

January 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 AM	GRIT (45') Ben	BODYPUMP (45') Agatha	RPM (45') Mia	BODYPUMP (45') Agatha	LESMILLS CORE (30') Mia	
8:00 AM						RPM (45') Agatha
9:00 AM	BODYPUMP (55') Jill		BODYPUMP (55') Jill			BODYPUMP (55') Jill
10:10 AM	RPM (45') Brittney		RPM (45') Brittney		RPM (45') Brittney	
12:10 PM		BODYPUMP (45') Mia	BODYBALANCE (30') Rogelio	BODYPUMP (45') Mia		
5:45 PM	BODYPUMP (55') Ryan		BODYPUMP (55') Agatha			
6:00 PM		RPM (45') Rogelio		RPM (45') Rogelio		

****FLEXKIDS****

MONDAY - FRIDAY
8AM - 1PM to 4PM - 8PM

SATURDAY 8AM - 1PM
SUNDAY CLOSED

LESMILL LAUNCH: STARTS 1/13/25 - 1/18/25 ALL CLASSES FREE TO NON-MEMBERS

CLASS DESCRIPTON

BODYPUMP	GAIN STRENGTH & TONE MUSCLE USING A BARBELL
BODYBALANCE	LOW INTENSITY WORKOUT A MIX OF PILATES, YOGA, & TAI-CHI
BODYATTACK	CARDIO WORKOUT TO BUILD STAMINA & STRENGTH
BODYCOMBAT	STRIKE, PUNCH, & KICK YOUR WAY THOUGH CALORIES
RPM	RIDE TO THE RHYTHM OF POWERFUL MUSIC - INDOOR CYCLING
LESMILLS CORE	CORE WORK WITH PLATES & BANDS WITH STRETCHING
GRIT	BEST HIIT TRAINING ON THE MARKET! RESULTS WILL COME FAST IN ALL 3 FORMATS