

Fitness Rx

Effective Sept 2024

STARTS AT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM							
9:00 AM	Group Weight Training w/ Mark (\$12) (45 min)		Group Weight Training w/ Mark (\$12) (45 min)		Group Weight Training w/ Mark (\$12) (45 min)	Woman Boxing / Hand striking cardio w/ Mark	Group Weight Training w/ Mark (\$12) (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							
4:30 PM			MMA Kids Karate & Cross Training (\$\$) (60 min)				
5:15pm			ZUMBA 5:15PM				LEGEND:
5:30 PM	Barbell & Dumbell w/ Sara (30 Mins)	Body Circuit & Burn w/ Sara (30min)	TRX & Abs w/ Mark (30 min)	Body Circuit & Burn w/ Sara (30min)			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	PUMP w/ Holly 30 min		Hip Hop w/ LaTonya 60 min				Class included w/membership
6:30 PM							
7:00 PM	Invitation Only workout w/ Mark special \$		Invitation Only workout w/ Mark special \$				