

BODYFIT

Strength from the Inside Out

Personal & Small Group Training

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

A.M. Crunch
7:15-8:15

NEW

One on One & Partner Training
8:15-10 am

BODYfit Combo
10:15-11:15 am

Starts May 31

MTS Cardio
11:30 am - Noon

ICC Core II
12:15 - 1:15 pm

One on One & Partner Training
1:30 - 6 pm

TRX II Suspension Training
6:15 - 7:15 pm
10 people max.

One on One & Partner Training
8 - 10 am

ICC Core
10:15-11:15 am

Starts June 1

MTS Cardio
11:30 am - Noon

TRX Suspension Training
12:15 - 1:15 pm
Starts June 1

One on One & Partner Training
11:30 - 5:15 pm

TRX Suspension Training
5:35 - 6:35 pm

A.M. Crunch
7:15-8:15

NEW

One on One & Partner Training
8:15-10 am

BODYfit Combo
10:15-11:15 am

Starts June 2

MTS Cardio
11:30 am - Noon

ICC Core II
12:15 - 1:15 pm

One on One & Partner Training
1:30 - 6 pm

TRX II Suspension Training
6:15 - 7:15 pm
10 people max.

One on One & Partner Training
8 - 10 am

ICC Core
10:15-11:15 am

Starts June 3

MTS Cardio
11:30 am - Noon

TRX Suspension Training
12:15 - 1:15 pm
Starts June 3

One on One & Partner Training
11:30 - 5:15 pm

TRX Suspension Training
5:35 - 6:35 pm

A.M. Crunch
7:15-8:15

NEW

One on One & Partner Training
8:15-10 am

BODYfit Combo
10:15-11:15 am

Starts June 4

MTS Cardio
11:30 am - Noon

ICC Core II
12:15 - 1:15 pm

One on One & Partner Training
1:30 - 6 pm

A.M. Crunch
7:45-8:45

NEW

TRX Suspension Training
9 - 10 am

ICC Core
10:15-11:15 am

Training
Upon Request

One on One & Partner Training
Upon Request

Group Training classes are limited to 5-10 people. Call ahead to reserve your spot.

PRICING

Group Training

	60 min.	30 min.
Drop-In Rate:	\$22	\$10
Ten-Session Pass:	\$190	\$90
6 Week Challenge:	\$324	\$144
<i>(3 classes/week, 18 sessions total)</i>		

One-on-One Training

Drop-In 30 min.	\$45 single
Drop-In 60 min.:	\$75
Ten-Session 30 min. pass:	\$400
Ten-Session 60 min. pass:	\$650
6 Week Challenge (60 min.):	\$1080
<i>(3 sessions/week, 18 sessions total)</i>	

Partner Training

Duo Drop-In:	\$45/person
Duo Ten Pass:	\$400/person
6 Week Challenge:	\$680/person
<i>(3 sessions/week, 18 sessions total)</i>	

Cardio Room

Monthly Unlimited Cardio Pass: \$65