



Late Summer 2011 Schedule

Monday

6:00 - 7:00 am Cycling Revolution

5:30 - 6:30 pm Evolve

6:30 - 7:30 pm AREA

Tuesday

6:00 - 7:00 pm Clash

7:00 - 7:30 pm Blade

Wednesday

6:00 - 7:00 am Cycling Revolution

5:30 - 6:30 pm Evolve

6:30 - 7:30 pm Ravage

Thursday

6:00 - 7:00 am Blade

6:00 - 7:00 pm Clash

Friday

6:00 - 7:00 am Evolve

12:15 - 12:45 pm Blade

Saturday

8:00 - 9:00 am Cycling Revolution

9:00 - 10:00 am Pilates

10:15 - 10:45 am Glee Effect

Evolve

A weight training class using high repetitions and short rest periods. This class is the foundation of muscle development.

Clash

Choose your opponent wisely. In this mixed martial arts class there is no giving in and quitting is not an option.

Cycling Revolution

Cutting edge, Chase the pack, Climb the mountain, Spin your way through a 60 minute cycling class.

Ravage

Un-tame your sensual alter ego. This class will build your confidence with body exploration and erotic movement.

Blade

Resist the force of the Body Blade to achieve Balance, Coordination, Speed and Strength. Your body becomes a machine and the Blade becomes your workout partner.

AREA

Transport yourself to the club. Pop, Lock, Freestyle and Sizzle your way to a toned core and tight body.

The Glee Effect

No words necessary for this leg blasting workout.

Nucleus

Train from the inside out utilizing the TRX Suspension Trainer. This class is functional training at its finest.

Hindrance

Leave your fear at the door. This plyometric obstacle course will test your mental grit, your physical prowess and your self confidence.