



Adult Functional Fitness Class

This class is a mixture of strength, conditioning, cross training, and functional movement. The goal is to improve overall performance by focusing on total fitness through a variety of skills. Class workouts are never the same! Participants will improve their fitness in a group atmosphere. There is no need for any prior experience, all activities in class can be modified and scaled to suite any and all participants.

Summer Class Times

Tuesday & Thursdays – 9:30am & 4:30pm

Friday – 9:30am

Saturday – 8:00am Bootcamp (no barbells)

Saturday – Open Gym 9:00am – 1:00pm

Class Costs (per month)

1x a week – \$45

2x a week – \$75

3x a week – \$85

4x a week – \$100

* Open gym on Saturdays is part of any of the 4 packages!



Boot Camp

These programs are designed to build strength, endurance and overall fitness through a variety of intense individual and group workouts over a 1 hour period. Boot camp workouts can vary but generally include a fairly intense mix of strength training and aerobic elements. A boot camp workout could from week to week stress a variety of physical fitness traits (strength, endurance, intervals, team, possibilities are endless).

What are the benefits of a boot camp workout?

The goal of a fitness boot camp is to provide a whole-body workout that builds strength and endurance. Boot camp workouts offer a more challenging and varied workout, require little or no special equipment, and create a sense of camaraderie among the participants.

Boot Camp Rates

\$10 drop in

\$40 for 1 month

* can be part of Adult Functional Fitness Package



Punch Card?!?!

Not able to commit to a specific schedule? Want to come and go as you please? Purchase a punch card and you can come and go as you please and drop into any class (functional fitness/Bootcamp).

10 class for \$120
*11th class is free!



Stretch and Flow

Stretch & Flow! What is it?? Stretch and flow is a combination of tai chi, yoga and Pilates musically based workout that builds flexibility and strength and leaves you feeling centered and calm. Free to 4 & 3x a week members. \$5 for 1-2x/week members. \$10 for drop-ins! See you Saturday! Yoga Matt suggested (not mandatory)! Bring a friend and try it!! You will feel great afterwards!



Teen Strength & Conditioning Class

This class is a mixture of strength, conditioning, cross training, and functional movement designed specifically for teenagers. The goal is to improve overall performance by focusing on total fitness through a variety of skills. Teens will work towards building strength and condign in a safe and developmentally appropriate pace. There is no need for any prior experience, all activities in class can be modified and scaled to suite any and all participants. \$10 drop in, \$35 a month for 1x a week, \$60 for 2x a week!