

PREMIER CLASSES SUITABLE FOR ALL LEVELS OF FITNESS!

PULSE ZONE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 AM	IGNITE	KNOCKOUT	IGNITE	KNOCKOUT	IGNITE	
8 AM	IGNITE	KNOCKOUT	IGNITE	KNOCKOUT	IGNITE	IGNITE
9 AM						
4:30 PM	FAMILY HIIT		FAMILY HIIT		FAMILY HIIT	
5:30 PM	IGNITE	KNOCKOUT	IGNITE	KNOCKOUT	IGNITE	
6:30 PM	KNOCKOUT	IGNITE	KNOCKOUT	IGNITE		

CROSSFIT ZONE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5 AM	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	
6 AM	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	
8 AM	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	
9 AM	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT
12 PM	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	
4 PM		CROSSFIT KIDS		CROSSFIT KIDS		
4:30 PM	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	
5:30 PM	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	
6:30 PM	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	

SEE RESULTS FAST WITH THE PREMIER PROGRAM!

IGNITE is a High Intensity Interval Training class based on athletic conditioning, plyometrics and strength training. This class utilizes a variation of ropes, kettle bells, TRX, medicine balls and functional training equipment resulting in improved athletic endurance, increased metabolism, muscular strength and fat loss. The core elements of this workout are performance balance, athletic movement and integrated strength, preparing all types of athletes to meet the demands of sport, recreation and real life.

KNOCKOUT uses winning boxing combinations and athletic drills to challenge you, increasing speed, agility and strength. We have gloves to use, or bring your own boxing gloves and wraps. Prepare to sweat!

CROSSFIT is a complete training program that builds strength and conditioning through constantly varied workouts and utilizes movements largely from Gymnastics and Olympic Weightlifting. Contrary to popular belief, due to the truly infinite ability to scale any movement down to the basics, anyone at ANY current level of fitness can start CrossFit immediately. We invite anyone committed to their fitness goals to experience what is likely to be the most physically challenging part of of their day while simultaneously offering a friendly communitiy atmostphere we know you'll love.

Check in at the kiosk by the front desk and ask your instructor about how our heart rate training program can help you achieve your fitness goals!

