



Group Fitness and Open Gym Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Open Gym 8-5 5pm: Mobility with Mary Beth	Open Gym 8-5 12pm: Total Body with Chris	Open Gym 8-5 8:30am: Women's Weightlifting with Cindy	Open Gym 8-5 12pm: Total Body with Chris	Open Gym 8-5 12pm: Full Body with Seth

Mobility (Mondays): Mobility refers to our ability to move through a range of motion with ease and control. Learn a variety of mobility techniques and tools to support your movement practices. Enhance your range of motion, decrease pain and stiffness, and develop a deeper understanding of how to move effectively for daily life.

Total Body (Tues, Thurs): Faster paced interval class. Designed with a variety of exercises to increase power, agility, cardio endurance, and full body strength. Modifications available for all fitness levels.

Women's Weightlifting (Wednesdays): This class provides a supportive environment for beginners and experienced movers to learn fundamental techniques, improve strength, and build confidence in the gym. Coaches guide participants through proper form and personalized routines, ensuring a safe and effective introduction to weightlifting.

Full Body (Friday): Full-body resistance training class crafted to foster a supportive environment for both beginners and seasoned lifters alike. Our goal-oriented sessions are meticulously designed to help you build strength, increase muscle mass, and boost your confidence — not just in the gym, but in all aspects of life.

Member Rates

Open gym: \$5/session or **\$50/month**

Classes: (*one free per month*) \$18/class or **\$80/month**

Non- Member Rates

Open gym: \$10/session or **\$80/month**

Classes: \$20/class or **\$100/month**

scan to sign up!

