

Specialty Classes (Additional Fee)



Summer SCHEDULE
(Effective 8/22/2016)

Time	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
5:00 AM							
6:00 AM	*TRX Strong® (Carol)		*TRX Strong® (Carol)				
6:30 AM	*Cardio Heavy Bag Boxing 7:00am (Linda)				* Indo-Row® (Tarah)		
8:00 AM							*Heavy Bag KickBoxing (Carol)
8:15 AM	*TRX Strong (Tarah)		* Indo-Row® (Terri)			*TRX Strong® (Linda)	
8:30 AM					*TRX Strong® (Tarah)		
9:30 AM		*Heavy Bag Boxing (Carol)	*TRX Fusion® (Carol)				* Indo-Row® (Carol)
4:45 PM		* Indo-Row® (Becky)					
5:30 PM	*TRX Strong® (Linda)	*TRX Strong® (Carol)		*TRX Strong® (Carol)			
5:30 PM	*Heavy Bag KickBoxing (Carol)		*Cardio Heavy Bag Boxing (Linda)		Its Here! Indo-Row! Come Row with us!		
6:00 PM	*Bootcamp (Kaylie)		*Bootcamp (Kaylie)	* Indo-Row® (Linda)			
6:30 PM		*TRX Strong® (Carol)					

* = extra fee class

(425) 433-0303

Member Unlimited EFT \$120 / Class Pass \$132/10
sessions / Drop-In \$16

Non-Member Unlimited EFT \$150 / Class Pass \$165/10
sessions / Drop-In \$20