

WINTER 2023 SCHEDULE OF CLASSES (ADULT)

MONDAY

5:30 AM STRENGTH
8:30 AM STRENGTH
10 AM SILVER STRONG WOMEN
11 AM STRENGTH
2 PM SILVER STRONG MEN
4 PM STRENGTH
5:30 PM STRENGTH

TUESDAY

5:30 AM METABOLIC CONDITIONING
10 AM SILVER STRONG WOMEN
12 PM METABOLIC CONDITIONING
5:30 PM METABOLIC CONDITIONING

WEDNESDAY

5:30 AM STRENGTH
8:30 AM STRENGTH
11 AM STRENGTH
4 PM STRENGTH
5:30 PM STRENGTH

THURSDAY

5:30 AM METABOLIC CONDITIONING
10 AM SILVER STRONG WOMEN
12 PM METABOLIC CONDITIONING
2 PM SILVER STRONG MEN
5:30 PM METABOLIC CONDITIONING

FRIDAY

5:30 AM STRENGTH
8:30 AM STRENGTH
10 AM SILVER STRONG WOMEN
11 AM STRENGTH
4 PM STRENGTH
5:30 PM STRENGTH

SATURDAY

8 AM YOGA
9 AM OLYMPIC LIFTING
10 AM METABOLIC CONDITIONING

Class Descriptions

Strength
focuses on increasing strength and the accrual of muscle to truly transform the way the body looks.

Metabolic Conditioning
focuses on maximizing the caloric burn for that lean muscular look!

Silver Strong
focuses on athletes who are 55+.