

## 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

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+.