
















## CLASS SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><b>5:45a-6:35a</b> – Corefit <b>9:30a</b>- Synergy/Cycling</p>  <p><b>4:30p</b>- Synergy <b>6:00p</b> - Cycling</p>	<p><b>5:45a</b>- Kickboxing @ The Dojo</p>  <p><b>6:00p</b>- Tabata</p>	<p><b>5:45a</b> – Corefit <b>9:30a</b>- Corefit</p> <hr/> <p><b>4:30p</b>- Corefit</p>	<p><b>5:45a-6:35a</b>- Cycle</p>  <p><b>6:00p</b>- Power Vinyasa Flow Yoga</p>	<p><b>5:30a–6:30a</b> Synergy/Cycling <b>9:30a</b>- Tabata</p> 	<p><b>7:15a</b>- Cycling</p> <p><b>8:00a</b>- Synergy</p> 
	<p><b>5:45a-6:35a</b> – Corefit <b>9:30a</b>- Synergy/Cycling</p>  <p><b>4:30p</b>- Synergy <b>6:00p</b> - Cycling</p>	<p><b>5:45a</b>- Kickboxing @ The Dojo</p>  <p><b>6:00p</b>- Tabata</p>	<p><b>5:45a</b> – Corefit <b>9:30a</b>- Corefit</p> <hr/> <p><b>4:30p</b> - Corefit</p>	<p><b>5:45a-6:35a</b>- Cycle</p>  <p><b>6:00p</b>- Power Vinyasa Flow Yoga</p>	<p><b>5:30a-6:30a</b> Synergy/Cycling <b>9:30a</b>- Tabata</p> 	<p><b>7:15a</b>- Cycling</p> <p><b>8:00a</b>- Synergy</p> 
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Must Sign up for each class in advance – (609) 938 – 1970 \*\*



**\$99 unlimited classes per month,  
includes membership.**

**\*Class cards can be purchased at  
front desk.**

**YOU DO NOT NEED TO BE A  
MEMBER TO ENJOY OUR CLASSES.**

**\$10 DROP IN FEE!  
FIRST CLASS IS ALWAYS FREE!!**

**MUST SIGN UP FOR EACH  
CLASS IN ADVANCE**

#### **Synergy**

This giant training apparatus uses cardio pieces, ropes, TRX, Punching bag, flat mat, free weights, body weight and more. It will challenge your cardio vascular stamina while strengthening your muscles and balance. Each class is 45 minutes in length and ends with an intense ab session.

#### **Core-fit**

This is a full body workout incorporating weights and other Equipment to maximize the experience of HITT training.

#### **Cycling**

This physical and mental bicycle (spin bike) workout will test your limits of stamina and strength while going on a virtual journey each week with a certified instructor.

#### **Synergy/Cycle**

This class combines everything synergy and cycle has to offer, 30-minute Synergy and 30-minute Cycling.

#### **Yoga**

Gentle, beginner level yoga that uses different methods of yoga to challenge your flexibility and strength with a certified yoga instructor. This workout can be unfused with more challenging poses for those students that are able to advance at a faster pace.

#### **Power Vinyasa Flow**

Free classes November 1<sup>st</sup>, 15<sup>th</sup>, & December 13<sup>th</sup> from 6:00-7:00 pm.

#### **Tabata**

This workout is a series of four exercises repeated four times. 20 seconds on, 10 seconds rest until complete. Four total rounds of exercises for each class. This is a challenging workout that will teach you new moves

**Wellbeats** *(included in membership)*

WELLBEATS is a virtual group fitness program that offers over 21 channels and hundreds of classes with something for every age, stage and ability. Our user-friendly filters make it easy to find exactly what you're looking. Classes are 5-50 minutes in length. A private fitness studio is dedicated for use of these classes, all equipment provided. Use of these classes is from 4a-11:59p except during spinning classes.

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