



GROUP FITNESS CLASS SCHEDULE

MONDAYS

9:30AM
SPIN
MARTY

10:30AM
QUICK ABS
MARTY

TUESDAYS

5:00AM
MORNING RUMBLE
LAURA

WEDNESDAYS

9:30AM
SPIN
MARTY

10:30AM
QUICK ABS
MARTY

THURSDAYS

5:45PM
BOXING
STEFAN

FRIDAYS

7:00AM
***PRIVATE CORPORATE
WELLNESS**

SATURDAYS

9:15AM
SPIN
MARTY

10:45AM
BOXING
STEFAN

PLEASE BRING YOUR OWN MATS

*the vault is available for private corporate events, speak to a manager for more information.

CLASSES

SPIN

Classic Stationary Cycling class including interval training, climbing and speed work. Come ready to work!

QUICK ABS

Twenty-minute mat class focusing on core, abs, postural stability. Feel the burn!

BOXING

This class teaches a boxing and kick boxing skillset-entertaining a real feel for the sport.

MORNING RUMBLE

HIIT class using kettlebells, weights, barbells, plates, spin bikes, treadmills, mats, and body weight. Come ready to sweat!

HOURS

GYM HOURS

MONDAY - FRIDAY 4AM-10PM
SATURDAY 7AM-8PM
SUNDAY 8AM-6PM

CHILD CARE HOURS

MONDAY - FRIDAY 9AM-12PM & 4PM-8PM
SATURDAY 9AM-12PM
SUNDAY CLOSED

EAST END

EST.

45LB



2016

FITNESS