



## Fitness Kickboxing Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-6:45AM						
8:00-8:45AM						Interval Cardio/Strength Training Instructor: Danielle
9:00-9:30AM						
9:00-10:00AM	Bag work Lower Body Cond. Instructor: Jeanette	Bag work Upper Body Cond. Instructor: Scott	Cadio/Kick Circuit Instructor: Jeanette	Bag work Lower Body Cond. Instructor: Scott	Power Kick Total Body Conditioning Instructor: Jeanette	
5:15-6:00 PM						
5:30-6:15PM		Interval Strength Training Instructor: Ryan	Cycle Instructor: Danielle	Interval Strength Training Instructor: Jenny	Power Kick (5:30-6:30) Total Body Conditioning Instructor: Ryan	
6:15-7:15PM	Cardio/Kick Circuit Instructor: Katie		Power Kick Core Conditioning Instructor: Danielle			
6:30-7:30PM		Bag work Upper Body Cond. Instructor: Ryan		Bag work Lower Body Cond. Instructor: Scott		

### Rates

Drop In: \$15/Class

5 Class Punch Card: \$60

10 Class Punch Card: \$100

\*Special Intro Rate: \$49/1 month of unlimited training

Month to Month Membership: \$99

**Term:** 6 Months Membership: \$89/Month Year Membership: \$79/Month

College Students 10% Off