

**All In One Fitness Group Classes Schedule**  
(DROP IN RATE \$20/CLASS OR \$150/MONTH UNLIMITED CLASSES)

|            | Mon                      | Tues                   | Wed                     | Thurs    | Fri                      | Sat                  | Sun |
|------------|--------------------------|------------------------|-------------------------|----------|--------------------------|----------------------|-----|
| 5am-5:45am |                          |                        |                         | Spinning |                          |                      |     |
| 6am        |                          |                        |                         |          |                          |                      |     |
| 7:15am-8am | Body Suspension Training |                        |                         |          |                          |                      |     |
| 8:30am-9am |                          |                        |                         |          |                          | Boxing for beginners |     |
| 9am        |                          |                        |                         |          |                          |                      |     |
| 6pm-6:45pm |                          |                        | Boxing for beginners    |          |                          |                      |     |
| 7pm        | 6-week Fitness Makeover  | 6:30pm-7:15pm Spinning | 6-week Fitness Makeover |          | Body Suspension Training |                      |     |
| 8pm        |                          |                        |                         |          |                          |                      |     |
| 9pm        |                          |                        |                         |          |                          |                      |     |

**CLASS DESCRIPTION**

***6-Week Fitness Makeover***

This class is a 30 minute cardio/strength/ and core blast. We get you fit with "Workouts that Work".  
This class meets twice a week on Monday's and Wednesday's.

***Boxing for Beginners***

45 minutes of boxing techniques, ropes, and core. Hit the heavy bag, strike the Banana Bag, punch the target mitts. Oh yeah, don't forget all the abs and core conditioning that comes with this class as well. Have fun get fit.

***Body Suspension Training***

Train your entire body, using your body with our full body suspension training system.  
You will work muscles you did not even know you had. Come check it out - it is amazing.

***Spinning***

Come ride the hills, taking the climbs, jumps and turns with your instructor and your fellow riders. This class is cardio packed and includes 10-15 minutes of core training on mats.  
This class is guaranteed to get you in shape. Come ride with us. Beginners to advanced welcome!