



## *GROUP EXERCISE SCHEDULE*

	MONDAY	TUESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 am	Boot Camp With Garrett	Boot Camp with Dean	Boot Camp with Garrett			
8:30 am			Reformer/ Chair Pilates with Jeff			
9:00 am	Spinning with Russell			Spinning with Russell		Circuit Training with Garrett
9:30 am		Reformer/ Chair Pilates with Sara	Reformer/ Chair Pilates with Jeff		Circuit Training with Dean	
9:30 am					Reformer/ Chair Pilates with Jeff	
10:30 am					Reformer/ Chair Pilates with Jeff	
5:45 pm	Reformer/ Chair Pilates with Sara					

### *Questions?*

Text an Instructor:

Kai Lewis: 832-723-2115

Jeff Raben: 713-870-8767

Russell Shelby: 832-922-3974

Dean Theriot: 832-640-1473

Garrett Theriot: 337-296-6559

Sara Theriot: 832-628-5703



## CLASS DESCRIPTIONS

**Boot Camps:** 60 minutes. Intense circuit style sessions combining cardio and strength/resistance training. Focused on fat loss and toning. \$30 per class with 4 week commitment. \$41/class for drop-ins

**Saturday Circuit Training with Dean:** 60 minutes. Varied full-body workout, combining strength training and cardio intervals. No appointment needed. Drop-in only. \$45 per class.

**Saturday Sun Yoga with Kai Lewis:** 60 minutes. Awaken and balance the body with Yoga that is appropriate for all fitness levels. \$30 per class.

**Sunday Circuit Training with Garrett:** 60 minutes. Varied full-body workout, combining strength training and cardio intervals. \$41-\$46, based on class size. Contact Garrett to sign up.

**Pilates, Reformer/Chair Classes:\*** 55 minutes. Please see our Pilates Program Brochure for a detailed description of this program. \$36 per class.

**Spinning:** 55 minutes. Intense, focused, instructor-led riding on our Star Trac spin bikes. Music and motivation included! \$26 per class

*\*Important note regarding Reformer/Chair Series Pilates: A one time, one-on-one Pilates training session must be completed with one of our Pilates instructors prior to signing up for Reformer/Chair group classes.*