



GROUP EXERCISE SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 am	Boot Camp With Garrett	Boot Camp with Dean		Boot Camp with Garrett			
6:15 am			Kickboxing Fitness-Jeff		Kickboxing Fitness-Jeff		
8:00 am	Kickboxing Fitness - Kai		Kickboxing Fitness - Kai				
8:30 am				Reform./ Chair Pilates-Jeff			
9:00 am	Spinning with Russell	MMA/Weights with Dean <small>*Reservation Required</small>		Kickboxing Fitness with Russell	Spinning with Russell		Circuit Training with Garrett
9:30 am		Reformer/ Chair Pilates with Sara		Reformer/ Chair Pilates with Jeff		Reformer/ Chair Pilates-Jeff	
10:30 am	MMA & Weights with Russell		MMA & Weights with Dean			Reformer/ Chair Pilates-Jeff	Kickboxing Fitness with Terrence
12:00 pm		Kickboxing Fitness with Terrence		Kickboxing Fitness with Terrence			
4:30 & 5:00 pm	4:30 Kickboxing Fitness with Terrence				5:00 Kickboxing Fitness with Russell		
5:45 pm	Reformer/ Chair Pilates with Sara	Kickboxing Fitness with Russell					
6:45 & 7:15 pm	6:45 MMA/Weights with Dean			7:15 MMA/Weights with Dean			

CLASS DESCRIPTIONS

Boot Camps: 60 minutes. Intense circuit style sessions combining cardio and strength/resistance training. Focused on fat loss and toning. \$31 per class with 4 week commitment. \$45/class for drop-ins

Kickboxing Fitness: 45 minutes. Comprehensive striking with a wide variety of styles and punching bags offered. \$25 with 24 hour reservation. \$35 for drop-in.

MMA & Weights: 45 minutes. Mixed Martial Arts combined with a small dose of traditional weight training. \$38 with 24 hour reservation. \$45 for drop-in.

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

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.

****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.***

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

Terrence Hornsby: 713-291-6793