



FIRST CLASS is ALWAYS FREE!

QUESTIONS? TEXT US AT 219.628.0321

CHECK IN ON FACEBOOK OR FOLLOW US ON INSTAGRAM FOR WEEKLY PRIZES

February 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 900am gym 515pm FS 615pm FS	2 900am gym 410pm FS 515pm TS	3 515pm FS	4 715am FS 1015am FS
5 915am FS 315pm FS	6 900am gym 515pm FS 615pm FS	7 900am gym 410pm FS 515pm TS	8 900am gym 515pm FS 615pm FS	9 900am gym 410pm FS 515pm TS	10 515pm FS	11 715am FS 1015am FS
12 915am FS 315pm FS	13 900am gym 515pm FS 615pm FS	14 900am gym 410pm FS 515pm TS	15 900am gym 515pm FS 615pm FS	16 900am gym 410pm FS 515pm TS	17 515pm FS	18 715am FS 1015am FS
19 915am FS 315pm FS	20 900am gym 515pm FS 615pm FS	21 900am gym 410pm FS 515pm TS	22 900am gym 515pm FS 615pm FS	23 900am gym 410pm FS 515pm TS	24 515pm FS	25 715am FS 1015am FS
26 915am FS 315pm FS	27 900am gym 515pm FS 615pm FS	28 900am gym 410pm FS 515pm TS	March 1 900am gym 515pm FS 615pm FS	2 900am gym 410pm FS 515pm TS	3 515pm FS	4 715am FS 1015am FS

****All Classes are held in the Gym, Fitness Studio (FS) or Teen Studio (TS)



DANCE MIXX Torch fat, sculpt lean muscle and crush calories with this high intensity workout that mixes dance-based cardio with strength training. Fresh pulse-pounding music and bodyblasting moves bring the intensity to transform your body, boost your mood and ignite your energy.

Flip Fusion Heavy reps of concentrated muscle work with quick spurts of intense cardio. It's the ignite-your-body, catapult-your-strength training class that continues to keep your calories burning.

Interval Dance Mixx Don't just burn calories, incinerate them. Interval Dance Mixx adds High Intensity Interval Training (HiiT) cardio bursts to get your heart pumping and push your metabolism into overdrive. This total body cardio plus strength workout is a roller coaster ride and you want to be on it!

Strike hits cardio and muscles hard for maximum impact. Jab and kick your way through sweaty, pumping music mixes that end with a muscle blast. Knock out fat and stress and release your endorphins. Calories don't stand a chance.

\$15/month EFT for Y members

\$29.99/month EFT for non Y