

SUMMER SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
ASE 5:00 am	ASE 5:00 am	ASE 5:00 am	ASE 5:00 am	ASE 5:00 am	Yoga 7:00 am	Facility Closed
Ripped HD / SSC 6:00 am	Ripped HD / SSC 6:00 am	Ripped HD / SSC 6:00 am	Ripped HD / SSC 6:00 am	Ripped HD / SSC 6:00 am	OPEN GYM 8:00 am - 12:00 pm	
OPEN GYM 8:00 am - 9:00 am	OPEN GYM 8:00 am - 9:00 am	OPEN GYM 8:00 am - 9:00 am	OPEN GYM 8:00 am - 9:00 am	OPEN GYM 8:00 am - 9:00 am	Facility Closes at 12:00 pm	
ASE 9:00 am	ASE 9:00 am	ASE 9:00 am	ASE 9:00 am	ASE 9:00 am		
OPEN GYM 10:00 am - 1:00 pm	OPEN GYM 10:00 am - 1:00 pm	OPEN GYM 10:00 am - 1:00 pm	OPEN GYM 10:00 am - 1:00 pm	OPEN GYM 10:00 am - 1:00 pm		
SSC / Athlete Evolution 1:00 pm	SSC / Athlete Evolution 1:00 pm	SSC / Athlete Evolution 1:00 pm	SSC / Athlete Evolution 1:00 pm	SSC / Athlete Evolution 1:00 pm		
OPEN GYM 2:00 pm - 4:30 pm	OPEN GYM 2:00 pm - 4:30 pm	OPEN GYM 2:00 pm - 4:30 pm	OPEN GYM 2:00 pm - 4:30 pm	OPEN GYM 2:00 pm - 4:00 pm		
SSC / Athlete Evolution 4:30 pm	SSC / Athlete Evolution 4:30 pm	SSC / Athlete Evolution 4:30 pm	SSC / Athlete Evolution 4:30 pm	SSC / Athlete Evolution 4:00 pm		
ASE 5:30 pm	ASE 5:30 pm	ASE 5:30 pm	ASE 5:30 pm	Facility Closes at 5:00 pm		

CLASSES:

ACHIEVE Strength Endurance (ASE)

An intense group training interval workout for endurance and muscular strength that focuses on training for the rigors of everyday life utilizing bodyweight, weights, and variable resistance. This daily class will push you and get your body in the best shape of your life.

Sessions: Monday-Friday at 5:00 am & 9:00 am, and Monday-Thursday at 5:30 pm

Ripped HD

A class focusing on improving strength in many forms utilizing barbells, dumbbells, kettlebells, body weight, and more. This class will help develop strength, power, and speed while getting you in shape and losing extra fat. Great class for athletes of all ages.

Sessions: Monday-Friday at 6:00 am

Sports Strength & Conditioning (SSC)

A class focusing on gaining the strength, power, speed, and agility used to dominate your sport of choice. Whether you are in season or preparing for next season, this will give you the edge you need to blast past your competition. Youth and adults welcome.

Sessions: Monday-Friday at 6:00 am, Monday-Thursday at 4:30 pm, and Friday at 4:00 pm

Athlete Evolution

This class focuses on the young athlete just beginning a strength program. Concentration will be on proper lifting mechanics, running form, and giving the young athlete a progressive platform to ACHIEVE to the Sports Strength & Conditioning Class.

Sessions: Monday-Thursday at 4:30 pm and Friday at 4:00 pm

Yoga

DDP (Diamond Dallas Page) Yoga is a revolutionary style of yoga for a variety of levels. This yoga class focuses on the understanding that physical and mental well-being work together equally to create long-lasting improvement.

Sessions: Saturday at 7:00 am