

# Current Gym Schedule

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(Updated as of 2/20/2017)

## Classes

Foundation Strength (Strength) – Maximize your lean muscle gain and increase your daily calorie burn.

Foundation Fitness (Fit) – The #1 priority of this class is to burn calories and increase your cardio fitness level, while preserving your lean muscle.

### **SCHEDULED START TIMES:**

**MONDAY (Strength classes): 5AM, 6AM, 9AM, 5PM**

**TUESDAY (Fit classes): 6AM, 7AM**

**WEDNESDAY (Strength classes): 5AM, 6AM, 9AM, 5PM**

**THURSDAY (Fit classes): 6AM, 7AM**

**FRIDAY (Strength classes): 5AM, 6AM, 9AM, 5PM**

**SATURDAY (Fit classes): 8AM**

## Small Group Personal Training

**We will be accepting new Small Group Personal Training clients soon.**

Current Small Group Personal Training start times:

MONDAY: 7AM, 8AM

TUESDAY: 8AM, 9AM

WEDNESDAY: 7AM, 8AM

THURSDAY: 8AM, 9AM

FRIDAY: 7AM, 8AM