

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
7:00-7:45am MS	Beyond Booty Levi	6:15-7:00am CS	Cycling Charlotte	7:00-7:45am CS	Cycling Brad	6:15-7:00am CS	Cycling Charlotte	7:00-7:45am CS	Cycling Charlotte	8:15-9:15am MS	Yoga Elissa
7:00-7:45am CS	Cycling Brad	7:00-8:00am MS	Total Body Charlotte	7:00-8:00am MS	Cross Circuit MC	7:00-8:00am MS	Total Body Byron	7:00-7:45am MS	Beyond Booty Levi	9:00-9:45am CS	Cycling Robert
8:00-9:00am MS	Yoga Levi	8:00-9:00am MS	Stretch&Strength Elissa	8:00-9:00am MS	Power Yoga Angela	8:00-9:00am MS	Stretch & Strength Elissa	7:00-8:00am HZ	Cross Circuit MC	9:30-10:30am MS	Barre Pilates Elissa
12:30-1:00pm HZ	MX4* Yusuf	12:00-12:45pm MS	Total Body Byron	12:30-1:00pm HZ	MX4* Robert	12:00-1:00pm SS	Barre Pilates Elissa	8:00-9:00am MS	Yoga Flow Levi	10:00-10:30am HZ	MX4* Robert
12:30-1:30pm CS	Cycling Robert	12:30-1:30pm HZ	BootCamp Chris	12:30-1:30pm CS	Cycling Mayda	12:30-1:30pm HZ	BootCamp Chris	12:00-12:45pm MS	Total Body Byron		
12:45-1:45pm MS	Power Yoga Kristin	12:45-1:45pm MS	Zumba Byron	12:45-1:45pm MS	Power Yoga Kristin	12:45pm-1:45pm MS	Zumba Nathalia	12:30-1:00pm HZ	MX4* Yusuf		
6:15-7:00pm CS	Cycling Robert	6:15-7:00pm MS	S.W.E.A.T. Matt	6:15-7:00pm CS	Cycling Robert	6:15-7:00pm MS	S.W.E.A.T. Matt	12:30-1:30pm CS	Cycling Robert		
6:15-7:00pm MS	Core & Legs Nick	7:00-7:30pm HZ	MX4* Matt	6:15-7:15pm MS	Zumba Byron	7:00-7:30pm HZ	MX4* Kara	12:45-1:45pm MS	Zumba Byron		
7:00-7:30pm HZ	MX4* Kara	7:00-7:45pm CS	Cycling Mauricio	7:00-7:30pm HZ	MX4* Kara	7:00-7:45pm CS	Cycling Mauricio				
7:00-8:00pm MS	Zumba Sandra	7:00-8:00pm MS	Power Yoga Angela	7:15-8:00pm MS	Total Body Byron	7:00-8:00pm MS	Yoga Flow Juan Carlos				
7:30-8:00pm HZ	Core Stretch Kara			7:30-8:00pm HZ	Core Stretch Kara						

Barre Pilates: Improve balance, increase flexibility, gain strength. Learn progressive barre training techniques that build, strengthen and tone your muscles.

Beyond Booty: For those that want a glute class that provides real, lasting results! Bring your friends and come experience a class that will lift, tone and build your glutes!

Boot Camp: A high-intensity cardio and strength conditioning class that includes athletic strength training and military-style drills. The instructor will stress correct movement technique and will show modifications for all levels.

Core and Legs: This lower body and core strength workout includes a variety of exercises targeting the glutes, hips, thighs, abs, and back. Techniques change from exercise to exercise and include slow, heavy training, fast-paced endurance exercises and core moves.

Core Stretch: Walk taller, feel stronger! This class is designed to build core muscle groups while improving posture by performing a variety of exercises that strengthen the abdominal and back muscles and increase flexibility.

Cross Circuit: This workout is designed to define your muscles, build endurance and give you the results you desire! We will use hand weights, weight bars, body weight, and other equipment to tone your upper body, lower body, and core.

Cycling: This class is a great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills and exercises. All levels are welcome.

Stretch and Strength: Use the latest Barre techniques to gain flexibility and mobility. These are key components to progressing with barre training and improving overall movement patterns. All skill levels welcome.

S.W.E.A.T.: Train your way to a better you in our class that combines strength moves, weights, endurance activities and athletic training. Get your SWEAT on!

Total Body: Start your day right with movement preparation and proper exercise progressions in this total body session led by our personal trainers.

Yoga / Yoga Flow / Power Yoga: Traditional Hatha Yoga holds poses for much longer, while Vinyasa flows from one technique to the next seamlessly. Want a bigger challenge? Step into Power Yoga for a class that will challenge your balance and strength.

Zumba: Zumba is a fitness program inspired by various rhythms and dancing styles. The routines feature aerobic/fitness interval training with a combination of fast and slow dance moves that tone and sculpt the body. Some popular genres in my class are reggaeton, pop, hip-hop, cumbia, merengue and more.

MX4 High Intensity Interval Training (HIIT) (fee based): Only MX4 combines best-in-class training tools with exciting workouts to help you improve cardiovascular fitness, power, strength, and endurance in a way that's right for your body and abilities.

Single sessions = \$30
4 sessions = \$100

8 sessions = \$160
12 sessions = \$216

OR

UPGRADE to a Platinum Membership today to include UNLIMITED MX4 HIIT Small Group Training Sessions!

MS = Main Studio / SS = Serenity Studio / CS = Cycling Studio / HZ = HIIT Zone

