

Silver Classes

Please check online or call to verify the schedule. All Silver classes last one hour.

Monday

9:30am	T.B.C. Total Body Conditioning
6:00pm	Muscle Cut
7:30pm	Zumba

Tuesday

5:45am	Ultimate Cycle
6:45am	TRX Circuit
8:20am	TRX Total Body Training
9:30am	TRX Total Body Training
9:30am	Kickboxing and Core
6:00pm	Beginner Kettlebell
6:00pm	Body by Boxing

Wednesday

9:30am	Muscle Cut
5:45pm	Cycle, Tread & Strength

Thursday

9:30am	Ultimate Cycle
10:45am	Yoga Flow
6:00pm	Interval Training

Friday

9:00am	Zumba
9:30am	Tabata Core & Stretch
6:00pm	Piyo or Step/Boxing Interval: please check the schedule online

Saturday

7:00am	Ultimate Cycle
8:20am	Kickboxing and Core
8:15am	Advanced Kettlebell Blast
9:30am	Piyo