

GROUP *FITNESS*

at Avenue Fitness Club

Monday

7:45 a Total Strength
8:45 a Cardio Strength
6:00 p Pilates

Wednesday

7:30 a Strength Yogalates
8:30 a Cardio Strength
6:00 p Bootcamp
7:15 p Cycle 45

Friday

7:45 a Total Strength
8:45 a Cardio Strength
9:45 a Cycle 45

Tuesday

6:00 a Bootcamp
8:00 a Bootcamp
9:15 a Cycle/Core
6:00 p Bootcamp
7:00 p Yogalates

Thursday

6:00 a Bootcamp
8:00 a Bootcamp
9:15 a Cycle/TRX
6:00 p Bootcamp

Saturday

8:00 a Bootcamp
9:00 a Yogalates

Sunday

8:30 a Cycle 45

- All Group Fitness Classes are FREE to Members -

Secure Your Class Reservation: Download MindBody Connect App or Sign Up Online @ AvenueFitClub.com/Classes