

GROUP *FITNESS*

at Avenue Fitness Club

Monday

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

Tuesday

6:00 a Muscle Conditioning
8:00 a Bootcamp
9:15 a Cycle
6:00 p Body 360
7:00 p Core Power Yoga

Wednesday

6:00 a Cycle
7:45 a Strength Yogalates
8:45 a Pyramid Strength
9:30 a Cycle/Stretch
6:00 p Core Challenge

Thursday

6:00 a 3:2:1 Circuits
8:00 a Bootcamp
9:15 a Cycle/TRX
6:00 p Cycle Bootcamp

Friday

7:45 a 6:3 Circuit Training
8:45 a Muscle Conditioning
9:15 a Cycle

Saturday

8:00 a Body 360
9:00 a Core Power Yoga

Sunday

8:00 a Cycle

- All Group Fitness Classes are FREE to Members -

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