

Core Dynamics Gym Group Fitness Schedule – Fall 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30am BODY SCULPT Sabrina					8:15am BODY SCULPT Sabrina	
	9:30am CYCLE & STRENGTH Robin		9:30am CYCLE & STRENGTH Robin		9:30am CYCLE & STRENGTH Robin	
10:45am CONDITIONING Robin	11:00am PILATES MAT Sabrina	10:45am CONDITIONING Robin	11:00am PILATES MAT Sabrina	10:45am CONDITIONING Robin		

BODY-SCULPT: Full-body workout using light/medium resistance and high repetition to strengthen and tone all major muscle groups.

CORE CONDITIONING: A strength and conditioning class utilizing a variety of equipment to help build core muscle groups.

CYCLE & STRENGTH: Cycle for 40 minutes to increase cardiovascular endurance and AMRAP for 20 minutes to increase muscular strength.

PILATES MAT: This class is based on the classic Pilates method and uses Pilates equipment to improve physical strength, flexibility, and posture.

Member Class Packages (Basic gym membership required)	Non-member Class Packages (No membership required)
Single Class - \$16	Single Class - \$25
5Pack - \$70 (\$14 ea.)	5 Pack - \$115 (\$23 ea.)
10 Pack - \$120 (\$12ea.)	10 Pack - \$200 (\$20 ea.)
20 Pack - \$200 (\$10 ea.)	20 Pack - \$340 (\$17 ea.)
30 Pack - \$240 (\$8 ea.)	30 Pack - \$420 (\$14 ea.)