

SMALL GROUP TRAINING

Our small group personal training classes provide the best of both worlds: the expertise of a personal trainer and the camaraderie of a group! **Your first class is always FREE!**

Stop by the Personal Training Studio or visit the Service Desk to sign up for a class.

Effective 10/1/2025

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:00 - 6:00 a.m.	Elevate MOVE	Elevate MAX		Elevate MOVE Elevate MAX	
9:00 - 10:00 a.m.		Elevate MOVE		Elevate MOVE	
9:30 - 10:30 a.m.	Elevate MAX	Bombshell Boot Camp	Elevate MAX	Bombshell Boot Camp	Freestyle Friday
10:30 - 11:30 a.m.	Total Body BOSU		Total Body BOSU		
1:00 - 2:00 p.m.	ELDOA		ELDOA		
5:00 - 6:00 p.m.	Elevate MAX		Elevate MAX		
6:00 - 7:00 p.m.	P.A.C* Barbell Basics		P.A.C* Barbell Basics		

**Join Elevate Max & Elevate Move
First Class is Free!**



**Learn more about
our classes**

Monthly Cost:

Members: \$89 + tax

Non-Members: \$119 + tax

