

CLASS SCHEDULE - November

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5a		5:30a-6:30a - Ash Assault	5:15a-6:15a - EarnIt (Melissa)	5:30a-6:30a - Ash Assault	5:15a-6:15a - EarnIt (Melissa)	5:15a-6:15a - EarnIt (Melissa)	
6a					5:30a-6:30a - Rhythmic HIIT Spin (Kristin)**		
7a							7:00a-8:00a - Bootcamp (Ash)
8a		8:00a-9:00a - EarnIt (Melissa)		8:00a-9:00a - EarnIt (Melissa)		8:00a-9:00a - EarnIt (Melissa)	
9a	9:30a-10:30a - Zumba with AC*						
10a							
11a							
12p							
1p							
2p							
3p							
4p							
5p			5:00p-6:00p - Yoga (with Mackenzie)*				
6p		6:00p-7:00p - HIIT (Ash)		6:15p-7:15p - Zumba with AC*	6:00p-7:00p - Ash Assault		
7p		7:15p-8:15p - Rhythmic HIIT					
8p		Spin (Kristin)**					

*Zumba starts 11/4 *Yoga starts 11/3

** Classes start 11/16. 11/16 & 11/19 classes are FREE to try. After 11/19 class is regular pricing.

CLASS DESCRIPTIONS



ASH ASSAULT - An energetic and effective variety of workout formats including circuits, EMOMs, AMRAPs, etc that will assault every muscle and leave you dripping in sweat.

BOOTCAMP (with Ash) - That double "A" Ash Assault class with a bit more strength added in...breaking out the weights, cables and machines!

HIIT (with Ash) - A high intensity interval training, mostly body weight workout. Get ready for endless plyometrics in this fast-paced non-stop moving class.

Cost

\$60/month all-inclusive Ash Assault Fitness

\$8/Class Drop-In



ZUMBA® (with AC) - Zumba® mixes low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Perfect for all ages and fitness levels!

Cost

Free for Members

\$10/Class Non-Members



EARNIT (with Melissa) - EarnIt classes are full body workouts that blend cardio intervals with bodyweight and weighted exercises, often using row and ski ergs, spin bikes, air bikes, dumbbells, medicine balls and kettlebells. Classes vary using formats such as tabata, as many rounds as possible, every minute on the minute, and other interval sets. First class is free to try!

Cost

\$100 for 10 Class Punch Card

\$120 Unlimited Classes per Month

\$10/Class Drop-In



RHYTHMIC HIIT SPIN (with Kristin) - Rhythmic HIIT Spin is a music-based, high intensity cycling class, that focuses on riding to the beat of the music. Upper body movements are incorporated to give you a full body workout; and the music makes you feel like you're at a dance party on a bike! The HIIT style of this class will increase your endurance, strengthen your legs and core, and make you stronger as a whole!

Cost

\$7/Class



YOGA (with Mackenzie) - Yoga is a discipline which includes breath control, simple meditation, and the adoption of specific bodily postures for health and relaxation.

Cost

Free for Members

\$10/Class Non-Members