

AlamoShape 2020 ShapeTraining Schedules Combined

RebelFit Free Coed Training (MWF 6 am and 5:30 pm, Sat 10:35 am)
included with all training programs

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 AM		Coed Training		Coed Training		Coed Training	
7:45 AM			<i>SoftShape</i>		<i>SoftShape</i>		
8:35 AM		<i>SoftShape</i>	Super Shape	<i>SoftShape</i>	Super Shape	<i>SoftShape</i>	
9:35 AM	Super Shape						Super/ <i>SoftShape</i>
10:35 AM	FitGuy	SilverShape		SilverShape			Coed Cardio
12:15 PM		Lunch & Lift		Lunch & Lift			
4:00 PM		SilverShape		SilverShape			
4:30 PM		Super Shape		Super Shape		Super Shape	
5:05 PM			<i>SoftShape</i>		<i>SoftShape</i>		
5:35 PM		Coed Training	Super Shape	Coed Training	Super Shape	Coed Training	
6:35 PM		SilverShape	<i>SoftShape</i>	SilverShape	<i>SoftShape</i>		
7:15 PM		FitGuy Bonus Session	FitGuy	FitGuy Bonus Session	FitGuy		

SilverShape meets 2 x week for 30-min sessions. You may choose either the Fri or Sat *SoftShape* session as a third workout. RebelFit Coed Training and all the aerobics classes are free.

SoftShape meets 3 x week for 30-min sessions. You may choose either Fri or Sat morning sessions to complete your third training. You get one Lunch & Lift, one SuperShape, and one SilverShape session a month. RebelFit Coed Training and all the aerobics classes are free.

SuperShape is priced for 3 x week but we really want you to come every day if you can at no extra charge! You get one free Lunch & Lift, one free SilverShape, and one free *SoftShape* session with this program. The aerobics does not come free with SuperShape but we give you two free classes a month and you can pay \$7 a class after that. Remember, RebelFit Coed Training is free with all of our training programs.

Lunch & Lift meets 2 x week for 30-min sessions. You may choose either the Fri or Sat SuperShape or *SoftShape* sessions to complete your third session of the week. You get all the aerobics classes and RebelFit coed Training at no charge. You get one Lunch & Lift, one SuperShape, and one SilverShape session a month.

FitGuy meets 3 times a week for 55-mins. You get RebelFit Coed and any coed yoga/aerobics classes free of charge. We currently have 2 Bonus FitGuy sessions available, MW at 7:15 pm, subject to change.

Our womens' Fitness Classes are \$39/mo with no contracts. Our ShapeTraining programs are \$139/mo plus tax. You get training every day for about \$4 a session, 1/10th the cost of on-on-one PT and a lot more fun!