



# FALL 2021

August 23 - December 12

## MON

**Kelcie &  
Camryn**

6:30 am - 7:15 am

**Pedro /  
Camryn**

12:15 pm - 1 pm

**Alex &  
Dominique**

5:30 pm - 6:15 pm

## TUE

**Grace &  
Camryn**

6:30 am - 7:15 am

**Lia &  
Zorica**

12:15 pm - 1 pm

**Alex &  
Dominique**

5:30 pm - 6:15 pm

## WED

**Lexi /  
Camryn**

6:30 am - 7:15 am

**Zorica &  
Camryn**

12:15 pm - 1 pm

**Christy &  
Camryn**

5:30 pm - 6:15 pm

## THU

**Grace &  
Camryn**

6:30 am - 7:15 am

**Lia &  
D'Angelo**

12:15 pm - 1 pm

**Alex &  
Augustus**

5:30 pm - 6:15 pm

## FRI

**Pedro /  
Camryn**

6:30 am - 7:15 am

**Zorica &  
Augustus**

12:15 pm - 1 pm

**Lexi /  
Camryn**

5:30 pm - 6:15 pm

## SAT

**Christy &  
Camryn**

9 am - 9:45 am

ALL F45 CLASSES ARE HELD IN STUDIO 3.

# F45 IS BACK & IN FULL STRENGTH!

**MONDAY, WEDNESDAY, FRIDAY:**

CARDIO-BASED WORKOUTS

**TUESDAY, THURSDAY:**

STRENGTH-BASED WORKOUTS

**SATURDAY:**

CARDIO & STRENGTH HYBRID WORKOUTS

PASSES ARE REQUIRED TO JOIN IN ON THIS ACTION.

YOU CAN PURCHASE PASSES IN PERSON AT THE MEMBERSHIP DESK, ONLINE, OR VIA OUR MOBILE APP.