

Reserve Class Online:



DreamsDriven.Setmore.com

**MAXIMUM EFFORT REQUIRED
FOR ALL CLASSES**

January '26

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Class reservation made online, payments in person! Visit DreamsDrivenFitness.com for pricing and booking info.				1	2	3 9a High School
4	5 5p FUNdamentals 6p X Fit	6 9a X Fit 6p High School	7 9a X Fit 5p Middle School 6p X Fit	8 9a X Fit 6p FUNdamentals	9 9a X Fit 5p Middle School 6p X Fit	10 9a High School
11	12 5p FUNdamentals 6p X Fit	13 9a X Fit 6p High School	14 9a X Fit 5p Middle School 6p X Fit	15 9a X Fit 6p FUNdamentals	16 9a X Fit 5p Middle School 6p X Fit	17 9a High School
18	19 5p FUNdamentals 6p X Fit	20 9a X Fit 6p High School	21 9a X Fit 5p Middle School 6p X Fit	22 9a X Fit 6p FUNdamentals	23 9a X Fit 5p Middle School 6p X Fit	24 9a High School
25	26 5p FUNdamentals 6p X Fit	27 9a X Fit 6p High School	28 9a X Fit 5p Middle School 6p X Fit	29 9a X Fit 6p FUNdamentals	30 9a X Fit 5p Middle School 6p X Fit	31 9a High School

CLASS DESCRIPTIONS

FUNDamentals: Designed for ages 4-11! Learn the essential movement mechanics for everyday activities—like squatting, running, jumping, lifting, pulling, pushing, skipping, and galloping—to stay safe and efficient while reducing your risk of injury. Additionally, we will explore essential components of fitness crucial for a healthier, positive, and more athletic individual. Our focus encompasses strength, power, flexibility, cardiovascular endurance, stamina, speed, acceleration, coordination, balance, and agility. Join us to lay the foundation for a lifetime of wellness!

Middle School Athletics: Grades 6-8! Designed for middle schoolers, this program helps improve both their physical health and athletic skills. We concentrate on establishing robust fitness groundwork by delving into the fundamental aspects of strength, power, stamina, cardiovascular endurance, speed, agility, acceleration, flexibility, balance, and coordination. Join us to improve overall fitness and athletic performance!

High School: Grades *8-12! This program helps high school students enhance their athletic skills, increase their performance, and improve their overall health. Delve into the comprehensive world of fitness, exploring primary components that fuel excellence. Uncover the power of complex weightlifting movements like deadlifts, squats, cleans, and presses. Every session is carefully designed to build core strength while also improving speed and agility. Look forward to designated days for focused S&A training. Elevate your high school experience with High School Weightlifting and Conditioning.

X Fit/X Fit: Engage in fundamental and functional movements that challenge your body and mind. Experience the fusion of light to moderate weightlifting within a spectrum of low to high intensity. This class is open to all fitness levels, creating an inclusive space for everyone to elevate their fitness journey. Join us for a life-changing experience.

X Fit-BY ANY MEANS: Push your limits and embrace discomfort as you strive for greatness. This class welcomes those who are dedicated to pushing their physical and mental limits in pursuit of their full potential. Survive and thrive using every means necessary. Our workouts demand maximum range of motion and mobility, including complex weightlifting movements. Are you ready to conquer the extraordinary?!

DreamsDrivenFitness.com