

Reserve Class Online:



[DreamsDriven.Setmore.com](https://DreamsDriven.Setmore.com)



July '25

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

# CLASS DESCRIPTIONS

**FUNDamentals:** Designed for ages 4-11! Discover the mechanics needed for safe and efficient everyday activities—squatting, running, jumping, lifting, pulling, pushing, skipping, and galloping—without injury risks. 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! This program is tailored for middle school students aiming to enhance their well-being and athletic capabilities. 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 is tailored for high school students striving to enhance their athletic prowess, performance, and 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. Each session is meticulously designed, carving out time to fortify core strength, as well as speed and agility (S&A) skills. 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-B.A.M.N. :** Push your limits and embrace discomfort as you strive for greatness. This class is not for the weak-minded and faint-hearted—it's about pushing both your body and mind to their extreme limits. Survive and thrive by any means necessary. Our workouts demand maximum range of motion and mobility, including complex weightlifting movements. Are you ready to conquer the extraordinary!?

DreamsDrivenFitness.com