

BELIEVE YOU CAN

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Fitness

MONDAY

5:15-6:10 am	BODYPUMP™	Christene	Studio 1
8:30-9:25 am	TRX HIIT Training Small Group Fee Based	Debbie	Studio 2
9:30-10:25 am	Zumba®	Heather	Studio 1
10:30-11:30	PIYO™	Bayje	Studio 1
4:30-5:25 pm	BODYFLOW™	Kristie	Studio 1
5:30-6:25 pm	BODYJAM™	Kristie	Studio 1
6:30-7 pm	metafit	Erin	Studio 1
7-7:55 pm	BODYPUMP™	Erin	Studio 1

TUESDAY

5:15-6:10 am	BODYCOMBAT™	Bridget	Studio 1
6:30-7:15 am	TRX HIIT Training Small Group Fee Based	Bridget	Studio 2
9-10 am	BODYPUMP™	Christene	Studio 1
10:15-11:15 am	BODYFLOW™	Christene	Studio 1
4:30-5 pm	PIYO™	Bridget	Studio 1
5-5:55 pm	BODYJAM™	Bridget	Studio 1
5:30-6:25 pm	TRX HIIT Training Small Group Fee Based	Hector	Studio 2
6-6:55 pm	BODYCOMBAT™	Amy	Studio 1
7-7:55 pm	Zumba®	Heather	Studio 1

WEDNESDAY

5:15-6:10 am	PIYO™	Bridget	Studio 1
8:30-9:25 am	TRX HIIT Training Small Group Fee Based	Debbie	Studio 2
9:30-10:25 am	BODYCOMBAT™	Heather	Studio 1
10:30-11:25 am	Strength and Stretch	Marissa	Studio 1
4:30-5:25 pm	BODYFLOW™	Bayje	Studio 1
5:30-6:25 pm	BODYJAM™	Bayje	Studio 1
6:30-7 pm	metafit	Erin	Studio 1
7-7:55 pm	BODYPUMP™	Sally	Studio 1

THURSDAY

5:15-6:10 am	BODYCOMBAT™	Bridget	Studio 1
6:30-7:15 am	TRX HIIT Training Small Group Fee Based	Bridget	Studio 2
9-10 am	BODYPUMP™	Bayje	Studio 1
10:15-11:15 am	BODYFLOW™	Bayje	Studio 1
5-5:55 pm	BODYPUMP™	Christene	Studio 1
6-6:55 pm	BODYCOMBAT™	Christene	Studio 1
7-7:55 pm	TRX HIIT Training Small Group Fee Based	Hector/Bridget	Studio 2

FRIDAY

5:15-6:10 am	BODYPUMP™	Christene	Studio 1
8:30-9:25 am	BODYCOMBAT™	Heather	Studio 1
9:30-10:25 am	PIYO™	Bayje	Studio 1
10:30-11:25 am	BODYJAM™	Bayje	Studio 1

SATURDAY

7-7:55 am	BODYCOMBAT™	Heather	Studio 1
8-8:55 am	BODYPUMP™	Bridget	Studio 1
9-9:55 am	BODYFLOW™	Rita	Studio 1
9-9:55 am	TRX HIIT Training Small Group Fee Based	Hector	Studio 2
10-10:55 am	WERQ®	Marissa	Studio 1

SUNDAY

3:00-3:30pm	BODYCOMBAT™	Christene	Studio 1
3:30-4 pm	BODYPUMP™	Christene	Studio 1
4-4:55 pm	BODYFLOW™	Christene	Studio 1
5-5:55 pm	BODYJAM™	Bridget	Studio 1
5-5:55 pm	TRX HIIT Training Small Group Fee Based	Hector	Studio 2

TRX HIIT Training - Small Group Fee Based Class
Pre - Registration required at least two hours prior to scheduled class time. See Back for more details.

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www.believeyoucanfitness.com

BELIEVE YOU CAN FITNESS CLASS DESCRIPTIONS

BODYCOMBAT™: This is a high-energy martial arts-inspired workout that is totally non-contact. You'll punch and kick your way to fitness while learning moves from Karate, Boxing, Taekwondo, Tai Chi, Kung Fu and Capoeira.

BODYFLOW™: This is a yoga, tai chi and Pilates workout that builds flexibility and strength, leaving you feeling centered and calm.

BODYPUMP™: This barbell class will shape, tone and strengthen your entire body. Focusing on low weight loads and high repetition movements, will help you achieve strength and quickly produce lean body muscle conditioning.

PIYO™: This class combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. We crank up the speed to deliver a fat burning, low-impact workout that leaves your body looking long, lean and defined.

ZUMBA®: This cardio-Latin fusion class features aerobic interval training to maximize fat burning and total body toning, all to incredible music with moves that are easy to learn.

BODYJAM™: This is a cardio workout where you are free to enjoy the sensation of dance. A fusion of the latest dance styles and hottest new sounds puts the emphasis as much on having fun as on breaking a sweat.

metafit™: This is a 30 minute, bodyweight-only, non-choreographed, high intensity interval training (HIIT) workout that will keep your body burning calories long after your training session is complete.

WERQ: A fiercely fun fitness class based on pop, rock, and hip hop music. The warm up previews the dance steps in class and the cool down combines yoga-inspired static stretching and balance poses.

TRX HIIT: This fee based small group class combines TRX and HIIT. TRX was born in the Navy SEALs, Suspension Training bodyweight exercises develops strength, balance, flexibility and core stability simultaneously. High Intensity Interval Training is a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise with less intense recovery periods.

UNLIMITED CLASSES + NUTRITION + ACCOUNTABILITY COACH

Single Person - \$110

Drop In Class - \$10

SMALL GROUP TRAINING SESSIONS

1 Training Sessions - \$15

5 Training Sessions - \$60