

SHAPE ^ UP FITNESS 580

2023 FITNESS CLASSES

BEGINNING JAN. 9TH

MONDAY & WEDNESDAY

6:00PM - 6:30PM **SHAPE ^ UP**
BEGINNER - 30 MIN.

LOW IMPACT CARDIO, BEGINNER
STRENGTH & STABILITY TRAINING

6:30PM - 7:15PM **BURN & BUILD**
INTERMEDIATE & UP - 45 MIN.

STRENGTH TRAINING, ENDURANCE,
CARDIO, HIIT, TABATA, PLYO, & MORE

TUESDAY

5:00PM - 5:30PM **LETS MOVE**
50 YRS. & UP - 30 MIN.

LOW IMPACT, MUSCLE STRENGTHENING,
STABILITY & FLEXIBILITY TRAINING, ETC.

6:00PM - 6:45PM **YOGA FLOW**
BEGINNER & UP - 45 MIN.

BALANCE, FLEXIBILITY, RELAXATION,
STABILITY AND CORE TRAINING, & MORE

THURSDAY

6:00PM - 6:30PM **PILATES**
BEGINNER & UP - 30 MIN.

LOW IMPACT CARDIO, BEGINNER
STRENGTH & STABILITY TRAINING

SATURDAY

8:00AM - 9:00AM **BURN & BUILD**
INTERMEDIATE & UP - 1 HOUR.

STRENGTH TRAINING, ENDURANCE,
CARDIO, HIIT, PLYO, & STRETCHING

ANY TIME - ANY DAY

ANYTIME THERE IS NOT A CLASS,
YOU ARE ABLE TO ACCESS
BEACHBODY ON DEMAND OR
YOUTUBE IN THE STUDIO ON THE
SMART TV! WE HAVE WEIGHTS,
BANDS, BALLS, & MORE ALL FOR
YOU TO USE TO MAKE YOUR
WORKOUT THE BEST!

*All classes are included in your membership. There will be a 10 person max in each class so be sure to come early. For now, we will not require everyone to pre-register for classes, but in the event that classes get full, we will start requiring that.