

S3 Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 a.m.		Hybrid Strength Training		Hybrid Strength Training			
7:00 a.m.		Hybrid Strength Training		Hybrid Strength Training			
8:00 a.m.	Hybrid Strength Training	Hybrid Strength Training	Hybrid Strength Training	Hybrid Strength Training	Hybrid Strength Training	S3 Bootcamp 8:30-9:30am	C L O S E D
9:00 a.m.	Hybrid Strength Training		Hybrid Strength Training		Hybrid Strength Training	Hybrid Pilates Training 9:30-10:30am	
12:00 p.m.		Hybrid Pilates Training		Hybrid Pilates Training			
4:00 p.m.					Hybrid Strength Training		
5:00 p.m.	Hybrid Strength Training	Hybrid Strength Training	Hybrid Strength Training	Hybrid Strength Training			
6:00 p.m.	Hybrid Strength Training	Hybrid Strength Training	Hybrid Strength Training	Hybrid Strength Training			

Hybrid Strength Training: Our group strength program has two tracks: strength and body comp. With these options we can accommodate anyone's goals, injury history, and ability level. Groups are capped at 6 people per session so you will get plenty of personal attention.

Hybrid Pilates Training: Our Hybrid Pilates Training class combines traditional Mat Pilates with other core strengthening and mat exercises. This is a low-impact class that will leave your muscles on fire! Suitable for anyone at any fitness level, everyone has something to gain from focusing on their core. You will finish class with relaxing, restorative stretches, and overall, it is the perfect compliment to our strength training programs or for anyone looking to add a new layer to their fitness regimen.

S3 Bootcamp: A fast paced workout for any fitness level. Different programming every class. Bootcamps are challenging and fun!