

SPECIALTY CLASS

SCHEDULE - JANUARY 2025

| | MON | TUE | WED | THU | FRI | SAT | SUN |
|---------|-----------|-----------|-----------|-----------|-----------|------------------|-----|
| 5 AM | WIT-X | WIT-X | WIT-X | WIT-X | WIT-X | 9:00 AM WIT-X | |
| 5:15 AM | KB FIT | | KB FIT | KB FIT | | | |
| 6 AM | QUICK-FIT | QUICK-FIT | QUICK-FIT | QUICK-FIT | QUICK-FIT | | |
| 5 PM | WIT-X | WIT-X | WIT-X | WIT-X | WIT-X | | |
| 6 PM | WIT-X | WIT-X | WIT-X | WIT-X | | | |



All-Star and MVP
members

**Please see reverse side for class descriptions and requirements.

SPECIALTY CLASS DESCRIPTIONS



KBFit: A dynamic 45-minute class that combines targeted lower body, upper body, and full body workouts using primarily kettlebells, along with dumbbells and slam balls for added intensity. Each session is structured to maximize strength, endurance, and functional movement. The class ends with focused core exercises and a mobility routine to enhance flexibility and aid recovery, leaving you feeling balanced and strong. Whether you're looking to build muscle, improve your conditioning, or just get a great sweat, KBFit has you covered!

QuickFit: This is a condensed, high-intensity workout in just 30–45 minutes. This class is designed to fit in effective training in a short time frame while keeping each day focused on specific fitness elements:

Monday: Strength

Tuesday: Metcon (metabolic conditioning)

Wednesday: Strength

Thursday: MetCon

Friday: Strength + Mobility & Active Recovery

Before joining, all new participants must complete a three-time introductory session, where you'll learn foundational movements and techniques. Each class combines weightlifting, cardio, and bodyweight exercises with modifications available for all fitness levels. Get ready for a focused, varied workout every day and enjoy a balanced, efficient training routine!

WIT-X: This is our most popular class! Our WIT-X classes combine weightlifting, cardio, and bodyweight exercises in a fast-paced, high-energy format. Each class features varied workouts designed to build strength, endurance, and functional fitness. Movements like squats, kettlebell swings, and pull-ups are adaptable for all fitness levels, so you'll find a challenge whether you're new or experienced. Before joining our WIT-X classes, all new participants must complete 3 Intro Classes. In these intro classes, you'll learn the fundamentals, including proper form and techniques, to help you safely and confidently join our workouts.

All classes require registration via the app or website. Pro members can pay a class fee to attend.