



Urban FITNESS
Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30a	Urban Hybrid		Urban Hybrid		Week-End Warrior	
6:00a		Urban Bootcamp		Urban Bootcamp		
9:00a		Strength Class		Strength Class	Strength Class	
4:30p	Youth Strength		Youth Strength			
5:30p	Urban Hybrid		Urban Hybrid			
6:00p						

Urban Hybrid: Focus is metabolic training. Utilizes a variety of stimuli to challenge all energy systems and condition the muscular and cardiovascular systems. *Myzone highly recommended but not required* to help monitor and track exercise intensity during class. Max of 10 people/class.

Strength: This class will focus on squat, bench and deadlift as the primary movements as well as a variety of strength-based accessories. You will learn the ins and outs of the racks and weights but will also challenge your mentality in the gym.

Urban Bootcamp: The purpose of this class is to improve strength by focusing on proper form, movement, and mobility with a dedicated cooldown for optimal recovery.

Week-End Warrior: A workout for those on the go who are looking to get the most out of their workout. Each session will either focus on HIIT (High Intensity Interval Training), Strength, Endurance and Core or a combination of these modalities using KB's, cable machines, sang balls, and various forms cardiovascular equipment. (**Drop-in only class see prices below**)

Youth Strength: Designed to empower our youth with a fun, dynamic strength training class that focuses on building strength, coordination, confidence and gym etiquette through age appropriate exercises in a safe and supportive environment.

Class Prices: Urban Hybrid/Bootcamp \$96.00 Month, Strength Class \$120 Month. Youth Strength varies by length.

Drop in price: \$20.00

*Call us at 406-924-2176 or visit the front desk to sign up!