



UFit Team Training and Specialty Program Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30a	Urban Hybrid		Urban Hybrid		Week-End Warrior	
6:30a		*Abs and Ass		*Abs and Ass		
9:00a		Strength Class		Strength Class		
5:00p						
5:15p						
5:30p	Urban Hybrid		Urban Hybrid			
6:00p		Urban Bootcamp		Urban Bootcamp		

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.

***Abs and Ass:** This specialty program aims to progress individuals through an understanding of predominantly lower body and core dominate movements as well as some upper body strength specific exercises with the intent to improve movement patterns and increase muscle hypertrophy. DROP IN PRICE: \$20/mem \$25/Non-Member.

Urban Strong: 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.

Weekend 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**)

Class Prices: Urban Hybrid/Bootcamp \$96.00 Month, Abs and Ass \$150.00 for 6 weeks, Urban Strong \$120 Month.

Drop in price: Member \$15.00 Non-Member \$20.00

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