



Urban FITNESS

## UFit Team Training Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30a	Urban Assault	Urban <i>Express</i>	Urban Assault	Urban <i>Express</i>	Urban Assault	
9:00a	Urban Assault		Urban Assault		Urban Assault	Urban Hybrid
12p		Urban Strength		Urban Strength		
5:30p	Urban Assault		Urban Assault			

### NOTES

**Urban Strength:** Focus is strength. Utilizes single and multi-joint exercises to build strength, enhance function, and optimize movement. Max of 6 people/class.

**Urban Assault:** Focus is metabolic training. Utilizes a variety of stimuli to challenge all energy systems and condition the muscular and cardiovascular systems. *Myzone highly recommended* to help monitor and track exercise intensity during class. Max of 10 people/class.

**Urban Hybrid:** Focus is whole body conditioning that includes and combination of Urban Strength and Urban Assault.

**Urban Express:** Quick and effective. This program is a 30-min full body metabolic training class designed to challenge your physical limits in a short period of time. *Myzone highly recommended.*

Classes 30-60 min each.

Member Prices: One-time Drop In \$15/class; 5 Credits \$60; Unlimited/mo: \$89

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