Come . . .Discover the Crave

www.m6fitness.com

MONDAY

7:30-8:30 XCAMP
Michelle

8:30-9:30 PARTYBOX
Karim

8:30-9:30 M6D ***NEW
Michelle

9:30-10:30 XCAMP
Donna

9:30-10:45 BARRE CONTROL
Michelle

10:45-11:45 FIT (OUTSIDE FEE)
** NEW
Michelle

5:30-6:30 ELEVATE
Robyn

5:30-6:30 XCAMP
Courtney

5:30-6:30 FIT (OUTSIDE FEE)
Michelle

6:30-7:30 PARTY BOX
Michelle

TUESDAY

6-7 XCAMP
Rick

8:30-9:30 ELEVATE
Robyn

8:45-9:30 POWER 45 (MAX 12)
Michelle

9:30-10:30 PARTY BOX
Michelle

5:45-6:30 KNOCK OUT 45
(Bring Gloves)
Michelle

6:30-7:15 POWER 45
Donna

6:30-7:45 - BARRE CONTROL
Michelle

WEDNESDAY

7:30-8:30 XCAMP
Michelle

8:30-9:30 KNOCK OUT ** NEW
(Bring Gloves)
Michelle

8:30-9:30 M6D ***NEW
Robyn

9:30-10:45 BARRE CONTROL
Michelle

10:45-11:45 FIT (OUTSIDE FEE)
** NEW
Michelle

5:30-6:30 SCULPT X
Donna

5:30-6:30 FIT (OUTSIDE FEE)
Michelle

6:30-7:30 PARTY BOX
Michelle

7:30-8:30 LATIN BALLROOM
(All levels welcome)
***NOT OFFERED EVERY WEEK
CHECK DATES AT FRONT DESK

THURSDAY

6-7 XCAMP
Rick

8:30-9:30 ELEVATE
Robyn

8:45-9:30 POWER 45 (MAX 12)
Rick

9:30-10:30 PARTY BOX
Michelle

5:45-6:30 KNOCK OUT 45
(Bring Gloves)
Karim

6:30-7:15 POWER 45
Donna

6:30-7:45 BARRE BOX
Michelle & Laura

FRIDAY

7:30-8:30 X CAMP
Michelle

8:30-9:45 BARRE CONTROL ***NEW
Michelle

9:45-10:45 ELEVATE ***NEW
Robyn

9:45-10:30 POWER 45 ***NEW
Michelle

10:30-11:30 FIT (OUTSIDE FEE)
***NEW
Michelle

SATURDAY

7:30-8:30 M6D ** NEW
Mike

8:30-9:30 BARRE CONTROL
Michelle

9:30-10:30 ELEVATE
Robyn

9:30-10:30 FIT (OUTSIDE FEE)
Michelle

10:30-11:30 PARTY BOX
Michelle

SUNDAY

8:30-9:45 BARRE CONTROL
Michelle

9:45-10:30 KNOCK OUT 45
Michelle

10:30-11:30 M6D ** NEW
Mike

PARTY BOX
Party Box is a fun energetic class that consists of martial arts with a little bit of hip hop. During the evening classes the lights will be turned off and club lights will be turned on.

M6D
M6D is a movement driven conditioning class that will improve fitness levels by enhancing athleticism and will refine your physique. All levels welcome.

BARRE CONTROL
Barre Control is a ballet technique class with a twist.
You do not have to be a dancer to take this class.
It is designed to sculpt the body using a ballet barre and some basic ballet movement. It is a great way to get lean.

X CAMP
X Camp is designed for all levels so don't be intimidated. This conditioning workout consists of agility drills, strength training and cardio. The instructor will take you through each motion and make sure you are executing it correctly.

KNOCK OUT 45
Knock Out is a bags class!! 15 min warm up/stretch followed by 30 minutes of boxing. This class will teach you the basics of martial arts and boxing. PLEASE BRING GLOVES

POWER 45
TRX, WEIGHT TRAINING AND CARDIO AT ITS BEST!
20 Min of intense interval training on a treadmill or an eliptical then 20 Min of TRX & weight training.
STRECTCH THEN ON WITH YOUR DAY!
Great class to slim and trim!

ELEVATE & SCULPT X
Elevate is a perfect combination of cardio and weight training. It will get your heart pumping and your muscles burning. This class is fun and full of energy.

BARRE BOX
A combination of kickbox and barre contol followed 15 minutes of toning and stretch.
Come in and get tag teamed by Laura and Michelle.
This is the complete workout, dancer style...

60 MINUTE FIT "SMALL GROUP TRAINING CLASS"
($20/CLASS or $199/ UNLIMITED PER MONTH)
This workout is instructed by Michelle Vrakelos
The training sessions are designed to build your strength and endurance. You will learn how to execute each movement correctly so you can gain results

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