










Class	Trainer	When*	Description*	Client Pricing*	Guest Pricing*
Surfset Core	 Diane	Mondays 10:15a-11:15a	An innovative Pilates/Core class performed on a Surfboard. Diane will take you through a multi-faceted Pilates MATT type class. Learn to master Balance. Improve your Abdominal Strength, Your Posture and Elongate Your tight muscles. This class is done in Barefoot and may use small Pilates balls, magic circles, light weights, tubes (elastics) and foam rollers.	Drop In: \$20 10-Pack: \$190 20-Pack: \$340 30-Pack: \$480	Drop In: \$22 10-Pack: \$210 20-Pack: \$380 30-Pack: \$570
HIIT Bootcamp	 Catrina	Mondays 5:30p-6:30p	This bootcamp is a HIIT-style hour long workout that changes week to week!	Drop In: \$10 5-Pack: \$45 10-Pack: \$80	Drop In: \$10 5-Pack: \$45 10-Pack: \$80
Total Body Cardio	 Rachel	Mondays 6:30p-7:30p	Can't build up the motivation to do cardio at home? Do you get bored with beat of the treadmill? If yes, then this group training is for you! Total Body Cardio is comprised of high intensity circuits filled with exercises that use your bodyweight only. Cardio can be fun! Fill your 60 minutes with laughter and sweat! Every month, one class will be themed with music to accompany the party! (Modifications are provided).	Drop In: \$12 5-Pack: \$50 10-Pack: \$80	Drop In: \$15 5-Pack: \$65 10-Pack: \$100
Aikido	 Vance	Tuesdays 6p-7p	Kokikai Aikido is a martial art, concerned with effective self-defense and realization of our full potential power in all aspects of daily life. You have done the external training by increasing your strength and physical dexterity; it's time to complete the journey with internal power!	Drop In: \$10 Monthly: \$35	Drop In: \$12 Monthly: \$45
Gentle Yoga	 Sarah	Tuesdays 7p-8p	Allow yourself one hour of peace, restoring balance, and energy. In this class time flows by through each posture and rejuvenating breath. Learn and practice sustainable strength, balance and flexibility.	Drop In: \$5	Drop In: \$10
Surfset Balance	 Diane	Wednesdays 8:30a-9:30a	This class focuses on balance, core and stretching. Most exercises are done standing. This class is done Barefoot.	Drop In: \$20 10-Pack: \$190 20-Pack: \$340 30-Pack: \$480	Drop In: \$22 10-Pack: \$210 20-Pack: \$380 30-Pack: \$570
HIIT Bootcamp	 Catrina	Wednesdays 6-7p	This bootcamp is a HIIT-style hour long workout that changes week to week!	Drop In: \$10 5-Pack: \$45 10-Pack: \$80	Drop In: \$10 5-Pack: \$45 10-Pack: \$80
Kickass Kickboxing	 John	Wednesdays 7p-8p	Stressed out? Want to get in shape? Solve both of those problems with a fun, challenging hour-long session that combines boxing, kickboxing and muay thai with fundamental strength training and core work.	\$10/class	\$15/class
The Quickie	 Ana	Thursdays 5:45a-6:15a	Start the day with a smile! This fast paced TKD inspired, interval training session is for the early riser who wants to get the job done quickly. Give me 30 minutes and I will help you increase your energy and burn calories throughout the day. The playlist is off the hook ... Let's gooooo!	Drop In: \$8 6-wk. package: \$40	Drop In: \$10 6-wk. package: \$48

Boxing and Burst	 Rick	Thursdays 5:45p-6:45p 6:45p-7:45p	Rick, owner of Cap City Fitness Boxing, invites you to come see why fitness boxing is in high demand! These classes are designed to accommodate all levels of fitness. You will be motivated and challenged to reach your personal limit! Rick will provide highly effective and fun workouts in small group settings ensuring individual attention and affordability. Your classes may include: <ul style="list-style-type: none"> • Punch mitts, speed ladder, medicine ball, bands, weights, floor exercises and more. • Every workout uses High Intensity Interval Training (H.I.I.T.) for optimal results. • Avoid 'plateau effect' while gaining benefits from challenging workouts. Come Discover How Strong You Can Be!	Drop In: \$18 Monthly Price: \$59 (once per week)	Drop In: \$22 Monthly Price: \$79 (once per week)
Surfset PiYo	 Diane	Fridays 10:00a-11:00a	This is a combo class, which means you will be on and off the SURFSET board that includes Yoga and Pilates principles. This class is done Barefoot.	Drop In: \$20 10-Pack: \$190 20-Pack: \$340 30-Pack: \$480	Drop In: \$22 10-Pack: \$210 20-Pack: \$380 30-Pack: \$570
Surfset Fitness	 Diane	Fridays 5:45p-6:30p	A fun yet challenging fitness workout that focuses on balance, muscular strength, cardiovascular endurance and lots of core. This is a wonderful class for somebody who loves to cross-train and/or needs to improve sport specific issues. The class will provide the student with a variety of workouts, such as HIIT, Tabata, boot camp, kick boxing and toning. Multiple types of equipment will be used. This class is done Barefoot.	Drop In: \$20 10-Pack: \$190 20-Pack: \$340 30-Pack: \$480	Drop In: \$22 10-Pack: \$210 20-Pack: \$380 30-Pack: \$570
PHIT Friday in the PIT	 Ana	Fridays 6:45p-7:30p	Let go of your week with this 45 minute fun & challenging workout! Strength and Conditioning with a twist of martial arts will get your heart pumping and your mood elevated. This workout utilizes on beat grooves, weights, kick pads & synergy to inspire and perspire. All fitness levels are welcomed.	Drop In: \$10 6-wk. package: \$48	Drop In: \$12.50 6-wk. package: \$60
Surfset PiYo	 Diane	Saturdays 8:30a-9:00a	This class focuses on ABS and is a mixture of Fitness & Pilates Core based exercises. We will work to strengthen the upper and lower abs as well as the obliques and lower back!	Drop In: \$5	Drop In: \$7
Kickass Kickboxing	 John	Saturdays 9a-10a	Stressed out? Want to get in shape? Solve both of those problems with a fun, challenging hour-long session that combines boxing, kickboxing and muay thai with fundamental strength training and core work.	\$10/class	\$15/class
Striking, Strength & Conditioning	 Will & Orlando	Saturdays 11a-12:30p	This program is limited & involves movement preparation, dynamic warmups, core activation followed by learning actual skills & drills trained by competitive athletes for combat. As well as a cool down including deep static stretching & restorative breathing. Participation in this programming will improve movement patterns, increase performance while decreasing risk of injury along with aid in weight loss & body composition shift.	Drop In: \$25 4-Week Price: \$60 <i>4-week pricing is for consecutive weeks.</i>	Drop In: \$25 4-Week Price: \$60 <i>4-week pricing is for consecutive weeks.</i>
Boxing and Burst	 Rick	Sundays 9:45a-10:45a	Rick, owner of Cap City Fitness Boxing, invites you to come see why fitness boxing is in high demand! These classes are designed to accommodate all levels of fitness. You will be motivated and challenged to reach your personal limit! Rick will provide highly	Drop In: \$18 Monthly Price: \$59 (once per week)	Drop In: \$22 Monthly Price: \$79 (once per week)

			<p>effective and fun workouts in small group settings ensuring individual attention and affordability. Your classes may include:</p> <ul style="list-style-type: none"> • Punch mitts, speed ladder, medicine ball, bands, weights, floor exercises and more. • Every workout uses High Intensity Interval Training (H.I.I.T.) for optimal results. • Avoid 'plateau effect' while gaining benefits from challenging workouts. <p>Come Discover How Strong You Can Be!</p>		
Kickass Kickboxing	 <p>John</p>	Sundays 11a-12p	<p>Stressed out? Want to get in shape? Solve both of those problems with a fun, challenging hour-long session that combines boxing, kickboxing and muay thai with fundamental strength training and core work.</p>	\$10/class	\$15/class

***Times, classes and pricing subject to change. See the trainer for more information.**

