

G-WERX STRENGTH TRAINING CLASSES - ORDERED BY TIME OF DAY

PROGRAM	TIME OF DAY	MON	TUE	WED	THU	FRI	SAT
260	5:50 am- 6:50 am		Legs, Biceps, Back, Abs		Triceps, Chest, Shoulders, Legs		
360	6:05 am- 7:05 am	Back, Biceps, Abs		Legs, Buns, Abs		Chest, Triceps, Shoulders	
360	6:30 am-7:30 am	Back, Biceps, Abs		Legs, Buns, Abs	Chest, Triceps, Shoulders		
290	7:00 am- 8:25 am		Legs, Biceps, Back, Abs			Triceps, Chest, Shoulders, Legs	
360	8:00 am-9:00 am	Back, Biceps, Abs		Legs, Buns, Abs	Chest, Triceps, Shoulders		
460/560	10:00 am- 11:00 am	Back, Biceps, Abs	Chest, Triceps, Shoulders	Legs, Buns, Abs	Back, Biceps, Abs	Chest, Triceps, Shoulders	
345	11:45 am - 12:30 pm		Back, Biceps, Abs	Legs, Buns, Abs	Chest, Triceps, Shoulders		
345	1:00 pm - 1:45 pm		Back, Biceps, Abs	Legs, Buns, Abs	Chest, Triceps, Shoulders		
360	4:30 pm - 5:30 pm	Back, Biceps, Abs		Legs, Buns, Abs	Chest, Triceps, Shoulders		
360	5:30 pm- 6:30 pm	Back, Biceps, Abs		Legs, Buns, Abs	Chest, Triceps, Shoulders		
360	6:00 pm-7:00 pm	Back, Biceps, Abs	Legs, Buns, Abs		Chest, Triceps, Shoulders		
190	6:30 pm-8:00 pm			Full Body			
360	7:00 pm-8:00 pm	Back, Biceps, Abs		Legs, Buns, Abs	Chest, Triceps, Shoulders		
Makeup Classe	10:15 am- 11:00 am						Legs, Buns, Abs
	11:15 am- 12:00 pm						Back, Biceps, Abs
	12:15 pm- 1:00 pm						Chest, Triceps, Shoulders
AM (MORNING) CLASSES			MAKEUP CLASSES		PM (AFTERNOON/EVENING) CLASSES		

G-WERX STRENGTH Class Descriptions

Strength 260 **(260)** Two 60-minute group strength training classes per week. Tones your entire body, burns fat and simply keeps you in great shape. Great maintenance program with 8 hours of scheduled training in every 4 week session!

Strength 360 **(360)** Three 60-minute group strength training classes per week. This program tones your entire body, burns fat, improves your athletic performance and simply gets you in the best shape of your life. This is our most popular training program with 12 hours of scheduled training in every 4 week session!

Strength 190 **(190)** A challenging 90-minute group class per week. Each class trains your legs, abdominals and upper body in an accelerated format. This program is intended to augment and enhance independent training programs for athletes and non-athletes alike. 6 hours of scheduled training in every 4 week session!

Strength 290 **(290)** Condenses our three-day per week program into two 90 minute sessions. This program is great for endurance athletes and busy professionals who want a vigorous and effective full body program in a 2 day per week format. 12 hours of scheduled training in every 4 week session!

Strength 460/560 **(460/560)** Four or Five 60-minute classes per week. The primary focus is on upper body and abs with a vigorous legs workout once per week. Combine this with one day a week of cardio such as the treadmill, elliptical, bike or taking a brisk walk or run to achieve amazing results.

EVERYONE WELCOME TO TRY ONE FREE CLASS!

We have client arrangements and options to meet everyone's needs!

~ 60-Minute Classes, 90-minute classes and powerlunch 45-minute classes ~

~ 4 week, 8 week, or 12 week class programs | work-out at the same time/same days of week with a supportive group ~

~ For regular travelers we have a punchcard option that offers more class scheduling flexibility ~

WANT RESULTS? START NOW - YOU CAN JOIN A CLASS AT ANY TIME!