

FITNESS  
YOGA  
PILATES  
BOXING

PEOPLE DOING EXERCISE X MECO



INTERESTED? TEXT PDEX TO 22999

PEOPLE DOING EXERCISE | SAMPLE SCHEDULE

	<b>CORE + CARDIO</b> INTENSITY LEVEL 	<b>MON</b> 6:00PM	An experience designed to tone up the core but and legs burn calories while helping burning calories and enhancing muscle endurance in a lower intensity manner. Core, calisthenic, and cardio (C3) class is focused on floor activities designed to enhance core strength, muscle stability and cardio conditioning.
	<b>ATHLETIC HIIT</b> INTENSITY LEVEL 	<b>MON</b> 7:15PM <hr/> <b>SAT</b> 11:15AM	An experience designed to maximize ability to perform intense activities within the context of your personal capacity, while increasing physical performance and mental endurance. Savage Lab is a high intensity athletic conditioning experience focused on strength building and cardio conditioning.
	<b>HIIT CHALLENGE</b> INTENSITY LEVEL 	<b>MON</b> 9:15PM <hr/> <b>SAT</b> 2:00PM	An experience designed to help improve mental resilience and the ability to persist. Overcome is an intention-based interval training session focused on using inspiration, motivation, and physical challenges to help people identify with their ability to overcome .
	<b>MAT PILATES</b> INTENSITY LEVEL 	<b>TUES</b> 6:00PM <hr/> <b>SUN</b> 1:30PM	An experience designed to tone the body, create long lean muscles, and release energy. Pulse + Breathe is a fun combination of Mat Pilates and mindfulness focused on subtle yet concentrated movements designed to provider a lower body and core burn.
	<b>TECHNICAL HIIT</b> INTENSITY LEVEL 	<b>TUES</b> 7:15PM	An experience designed to meticulously strengthen and stabilize your anatomy while helping people improve their patience technical fitness capacity. Sweat Lab is a Functional HIIT class focused on technical movements and anatomy-based exercise activities.
	<b>PROGRESS CIRCUIT</b> INTENSITY LEVEL 	<b>WED</b> 6:00PM <hr/> <b>SUN</b> 11:15AM	An experience designed to enhance your strength and conditioning while helping people improve the ability to perform with great technique. Legends Lab is an exercise "escalator" circuit where 10 exercise activities are progressively repeated multiple times.
	<b>FUNCTIONAL FLOW</b> INTENSITY LEVEL 	<b>WED</b> 7:15PM <hr/> <b>SAT</b> 9:30AM	An experience designed to help participants counter life with flow while helping stabilize the mind and body. Hope + Flow is a functional vinyasa flow focused on intention and daily life matters used to guide session themes and elements of the flow in order to address what people are living through. and getting through.
	<b>TONE MAT PILATES</b> INTENSITY LEVEL 	<b>THURS</b> 6:00PM	An experience designed to add definition to the core and butt while enhancing stability and static strength. Sculpt is a Mat Pilates experience that is focused on core, buttocks, upper body and cardio conditioning designed to tone the body and define muscle groups.
	<b>RHYTHM HIIT</b> INTENSITY LEVEL 	<b>THURS</b> 7:15PM	An experience designed to increase cardiovascular stamina and muscle endurance while enhancing the connection between mind and body. Jig is a fun high intensity endurance circuit focused on coordination based activities, and total body toning exercise.
	<b>FUNCTIONAL FIT</b> INTENSITY LEVEL 	<b>THURS</b> 9:15PM	An experience designed to strengthen the body in order to make daily activities more comfortable and safe. Form + Function is a functional exercise circuit experience focused on helping people move properly and efficiently in order to help avoid injury and manage daily activites with strength and posture..
	<b>FITNESS FLOW</b> INTENSITY LEVEL 	<b>SAT</b> 1:00PM	An experience designed to stabilize the mind and body while helping people improve their strength and conditioning. Journey is an athletic vinyasa flow focused on constant movements designed to enhance flexibility, stabilize core strength, and provide low impact total body strength conditioning.
	<b>BOX + HIIT</b> INTENSITY LEVEL 	<b>SUN</b> 10:00AM	An experience designed to burn calories and strengthen cardiovascular endurance while helping people learn boxing basics. TKO is a boxing coaching session combining technique training with high intensity calisthenics that offer participants a glimpse of training for the "big fight"!