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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1	2 CLOSED FOR LABOR DAY	3	4 9-9:30AM 9:30AM 4:30PM NO WARRIOR RHYTHM	5 5:30PM	6 4:30PM	7 CLASS CANCELLED	
8	9 4:30PM 5:30PM	10	11 9-9:30AM 9:30AM 4:30PM 5:30PM	12 CLASS CANCELLED	13 4:30PM	14 10:00AM	
15	16 4:30PM 5:30PM <i>New class!</i>	17	18 9-9:30AM 9:30AM 4:30PM 5:30PM	19 5:30PM	20 4:30PM	21 10:00AM	
22	23 4:30PM 5:30PM <i>New class!</i>	24	25 9-9:30AM 9:30AM 4:30PM 5:30PM	26 5:30PM	27 4:30PM	28 10:00AM	
29	30 4:30PM 5:30PM <i>New class!</i>	\$5 Drop-in or \$45 Punch Pass (10 classes) for all other Warrior FC classes ** 4:30PM FMC Kettlebell classes held in Hess FC, Functional Fitness Area \$40 per month					



Get ready to dance your worries away with Zumba! Join us for exhilarating, fast-paced classes filled with current music and high-energy moves that'll have you feeling accomplished and invigorated. Zumba isn't just a workout— it's therapy for the mind, body, and soul. Say goodbye to your troubles and hello to a healthier, happier you on the dance floor!



Get stronger and increase your conditioning using kettlebell exercises like the

- Deadlift
- Swing
- Clean & Press
- Snatch

Plus, many others.....

\$40.00 per month, register at the Warrior Fitness center



WARRIOR Combat
KEEP FIGHTING

Boxing inspired, powerful, and fierce, WARRIOR Combat includes high intensity intervals, stress-melting strength training, and music driven fight combinations. This empowering class makes you feel confident and strong.



WARRIOR Strength
ALL SHAPES ALL SIZES

WARRIOR Strength is for all levels and all types who want to sweat and feel their muscles burn!
30-minutes of HIIT with an emphasis on cardiovascular conditioning, designed for maximal caloric expenditure!
30-minutes of mobility and strength that will tighten, tone, lengthen and sculpt your muscles!



STRONG NATION™ COMBINES HIGH INTENSITY INTERVAL TRAINING WITH THE SCIENCE OF SYNCED MUSIC MOTIVATION. IN EVERY CLASS, MUSIC AND MOVES SYNC PERFECTLY TO PUSH YOU BEYOND YOUR LIMITS.



WARRIOR Rhythm is like no other with sections of HIIT, weight lifting and unconventional rebel yoga flows!
It's a roller coaster ride that will leave you breathless, feeling strong, and graceful as we move to the music.
DESIGNED FOR EVERY BODY with muscle building, heart pumping, mobility and flexibility training all in one FUN, Rhythmic experience!