

ASCEND

TEAM TRAINING

MONDAY	9:15AM STRENGTH - 50 6:00PM ENDURANCE - 50
TUESDAY	9:15AM ENDURANCE - 50 5:30PM HIIT BODYWEIGHT - 40
WEDNESDAY	9:15AM STRENGTH - 50 6:15PM HIIT STRENGTH - 50
THURSDAY	8:30AM HIIT BODYWEIGHT - 40 6:00PM STRENGTH - 50
FRIDAY	9:15AM FUNDAMENTALS - 45 9:15AM BOXING* - 50 5:30PM HIIT STRENGTH - 50
SATURDAY	8:15AM BOXING* - 50 10:00AM STRENGTH - 50
SUNDAY	8:15AM - BOOTCAMP - 50

ASCEND is designed to bring an elevated approach to Group Training with the hands-on professional experience and guidance of a Personal Trainer. You no longer have to choose between the energy of a team and the expertise of a personal training session. Now, you can have both.

ASCEND Team Training uses MyZone heart rate monitors to track your effort level, calories burned, and to help you stay accountable.

For best results, check online schedules for weekly class focus.

RISE ABOVE YOUR FITNESS GOALS

ASCEND

CLASS DESCRIPTIONS

BOOTCAMP

This fast-paced workout utilizes an array of functional training equipment in a circuit-like training style. Energy is high, heart rates are higher. Check schedule for a weekly focus.

BOXING

Strap on your boxing gloves and learn the perfect strikes, combos and footwork, to get into killer boxing shape. Boxing gloves required.

ENDURANCE

Be prepared to spend a majority of your time on the Treadmills and rowers. This class is 75-minutes and designed for the person looking to build their endurance, and burn a lot of calories.

FUNDAMENTALS

For the individual who wants the intensity, at a slower, self-guided pace. We break down the basics of the equipment and the exercises, but keep the workout tough. A great place for the inquiring mind and motivated body that needs a little bit of an extra confidence boost from our Personal Trainer team.

HIIT BODYWEIGHT

The best weight to push is your own in this body-weight only workout. Great for the busy individual short on time. Pack in a total body workout in just 40-minutes.

HIIT STRENGTH

Alternating between cardio and strength exercises you can expect to keep the heart rate elevated for longer periods of time. Check schedule for weekly focus.

STRENGTH

With a unique focus each week, our priority is on compound movements, heavy weights, and building a strong body. Check schedule for weekly focus.

Classes with zero enrollment 12 hours prior will be cancelled.

All classes are held in the Training Zone unless noted.

*Indicates Basketball Court

Updated 1.23.23

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PRICES & PACKAGES

Single Session - \$25 / \$30
(Member / Non-Member)

1 Week Unlimited - \$45
(1st time participants only)

5-pack - \$110
(1-Month Expiration)

10-pack- \$150
(3-Month Expiration)

20-pack - \$250
(6-Month Expiration)

1-Month Unlimited - \$119
(Unlimited Recurring)

ASCEND PERKS

Members enrolled in Unlimited Monthly Training will receive:

10% off Fuel Cafe Purchases

2 Complimentary Buddy Passes per month

1 Complimentary In-Body Assessment per month

Access to exclusive Bootcamps and Challenges

*Members with the unlimited recurring option are committing to a month-to-month EFT withdraw, until cancelling no less than 7-days prior to next billing date.

*No-show will result in loss of session or loss of pre-registration privilege.