

# ASCEND

TEAM TRAINING

## JANUARY

SUN

MON

TUE

WED

THU

FRI

SAT

8:15AM  
*BOOTCAMP*

9:15AM  
*ENDURANCE*

9:15AM  
*STRENGTH*

9:15AM  
*BOXING*

7:15AM  
*STRENGTH*

8:15AM  
*BOXING*

6:15PM  
*ENDURANCE*

6:15PM  
*BOXING*

6:30PM  
*STRENGTH*

5:15PM  
*BOXING*



\*UPDATED 12/29/25

# ASCEND

Experience the perfect blend of personalized coaching and community support in our Small Group Training sessions. Designed for all fitness levels, these workouts are accessible, motivating, and results-driven—making it easy to start (or level up) your fitness journey, no matter where you're starting from.

## ASCEND CLASSES

### BOXING

Power up your workout with a small group training class that packs a punch. This high-energy session blends boxing fundamentals with strength and conditioning drills to improve agility, coordination, and endurance.

### ENDURANCE

Build stamina, strength, and resilience with this results-driven small group training class. ENDURANCE combines high-intensity intervals, functional strength work, and cardiovascular conditioning to challenge your limits and elevate your fitness.

### BOOT CAMP

Push past your limits with a dynamic small group training class that blends strength, cardio, and functional drills for a full-body challenge. Bootcamp is designed to build power, endurance, and agility through high-energy circuits and motivating team-based workouts.

### STRENGTH

Develop total-body power and muscle endurance in this focused small group training class. Guided by expert coaching, this class is designed to help you lift with confidence, increase resilience, and achieve lasting results.

Classes with zero enrollment 12 hours prior will be cancelled. All classes are held in the Training Zone unless noted.

### PRICES & PACKAGES

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

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

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

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

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

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

\*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.



## RISE ABOVE YOUR FITNESS GOALS