

# EARN & BURN SCHEDULE

## WEEK 1

### TRX TAKEDOWN

3/9 | 5:30PM | 50 MIN  
SAM / MOVEMENT ZONE

### DIRTY 30

3/10 | 9:15AM | 30 MIN  
STEPH / TRAINING ZONE

### BUILD SUSTANABLE

### FITNESS HABITS

3/12 | 12:00PM | 60 MIN  
STEPH / COMMUNITY ROOM

### ROLL WITH IT

3/13 | 9:00AM | 50 MIN  
ZAHARA / MOVEMENT ZONE

## WEEK 2

### IRON FLOW

3/17 | 10:15AM | 50 MIN  
STINE / YOGA WALL

### PRIMAL STRENGTH

3/19 | 6:30PM | 50 MIN  
JARAH / TRAINING ZONE

## WEEK 3

### ARCTIC IRON

3/23 | 5:30PM | 50 MIN  
BEN / TRAINING ZONE

### CORE & CONTROL

3/25 | 9:00AM | 30 MIN  
ZAHARA / MOVEMENT ZONE

### MOVE AND SWEAT

3/27 | 5:00PM | 50 MIN  
KAI / MOVEMENT ZONE

### SMART PROGRAMMING

3/29 | 1:00PM | 60 MIN  
SKYLER / COMMUNITY ROOM

## WEEK 4

### PEDAL & PUMP

4/1 | 10:30AM | 50 MIN  
BRITT / CYCLE

### MIX AND SAVOR

4/2 | 12:00PM | 60 MIN  
DAWN / COMMUNITY ROOM

### DIRTY 30

4/4 | 11:00AM | 50 MIN  
DAWN / TRAINING ZONE

## WEEK 5

### TRX TAKEDOWN

4/8 | 9:00AM | 50 MIN  
SAM / MOVEMENT ZONE

### BELLS OF FURY

4/9 | 6:30PM | 50 MIN  
STEPH / TRAINING ZONE

### REFUL & RECOVER

4/10 | 12:00PM | 60 MIN  
JARAH / COMMUNITY ROOM

## WEEK 6

### PRIMAL STRENGTH

4/12 | 10:30AM | 50 MIN  
JAY / TRAINING ZONE

### IRON FLOW

4/13 | 5:45PM | 50 MIN  
STINE / YOGA WALL

### ARCTIC IRON

4/18 | 10:30AM | 50 MIN  
BEN / TRAINING ZONE

### SMART PROGRAMMING

3/29 | 1:00PM | 60 MIN  
SKYLER / COMMUNITY ROOM

## WEEK 7

### CORE & CONTROL

4/20 | 7:30PM | 30 MIN  
ZAHARA / MOVEMENT ZONE

### MOVE AND SWEAT

4/25 | 2:00PM | 50 MIN  
KAI / TRAINING ZONE

## WEEK 8

### ROLL WITH IT

4/26 | 11:30AM | 50 MIN  
ZAHARA / MOVEMENT ZONE

### BELLS OF FURY

4/28 | 9:15AM | 50 MIN  
STEPH / TRAINING ZONE

### PEDAL & PUMP

4/29 | 5:15PM | 50 MIN  
BRITT / CYCLE

## ALL SPORT CHALLENGE

### EARN & BURN EXCLUSIVE WORKSHOPS & GROUP EXERCISE CLASSES

- Exclusive to Earn & Burn Challengers
- Class spots open to the waitlist 5 minutes prior to class
- Classes with 0 enrollment will be canceled
- Suggested to arrive 10 minutes prior to the start of class
- Class times and instructors are subject to change
- Registration begins March 9th when the challenge goes live
- Register via the All Sport app or via the Front Desk

REGISTRATION REQUIRED for all classes.

**ALL SPORT  
CHALLENGE**

# **EARN & BURN**

## **CLASSES**



### **ARCTIC IRON**

#### **WITH BEN**

"Arctic Iron" is a dynamic dumbbell strength class designed to challenge your muscles and push your limits. In this high-energy session, you'll cycle through powerful strength-building exercises, utilizing dumbbells to target all major muscle groups. With each rep, you'll feel the intensity as you work to increase both your strength and endurance. Perfect for all fitness levels, Iron will leave you feeling empowered, stronger, and ready to conquer whatever comes your way!

### **BELLS OF FURY**

#### **WITH STEPH**

"Bells of Fury" is a fun kettlebell class designed to build strength, power, and endurance through explosive, full-body movements. Using kettlebells, you'll perform a series of dynamic exercises that target multiple muscle groups, improving both your strength and cardiovascular fitness. Whether you're a beginner or an experienced lifter, Bells of Fury will help you develop a solid foundation, increase functional strength, and push your limits in every session.





## ROLL WITH IT WITH ZAHARA

Release tension and increase flexibility in Roll with It, a rejuvenating foam rolling mobility class designed to enhance your recovery and improve overall movement. In this relaxing yet effective session, you'll use foam rollers to target tight muscles, improve circulation, and release built-up tension. Perfect for athletes and anyone looking to recover faster, Roll with It helps you move more freely and feel your best, one roll at a time!

## PEDAL AND PUMP WITH BRITT

Pedal and Pump is a full-body workout that combines the best of cycling and strength training. This class combines a cycling session to build cardiovascular endurance and tone your lower body with weight-based exercises to sculpt and strengthen your upper body and core. Whether you're looking to boost your stamina, tone your muscles, or challenge yourself in new ways, Pedal and Pump offers a balanced workout that will leave you feeling strong and energized!



## TRX TAKEDOWN WITH SAM

"Bells of Fury" is a fun kettlebell class designed to build strength, power, and endurance through explosive, full-body movements. Using kettlebells, you'll perform a series of dynamic exercises that target multiple muscle groups, improving both your strength and cardiovascular fitness. Whether you're a beginner or an experienced lifter, Bells of Fury will help you develop a solid foundation, increase functional strength, and push your limits in every session.

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## **DIRTY 30** **WITH DAWN**

"Dirty 30" is a fast-paced, high-intensity circuit-style workout designed to push your limits in just 30 minutes. This full-body session combines strength, cardio, and explosive movements to maximize calorie burn and build muscle. Whether you're looking to tone, build endurance, or increase overall fitness, Dirty 30 packs a powerful punch in half the time. Get ready to sweat, work hard, and crush your goals in this no-nonsense, results-driven class!

## **PRIMAL STRENGTH** **WITH JARAH**

A no-nonsense, bodyweight bootcamp powered by military-style movement cadences and driving music. You'll push through squats, push-ups, lunges, planks, and holds called out in rhythm—left, right, hold—to build relentless strength, grit, and mental toughness using nothing but your own body.



## **MOVE AND SWEAT** **WITH KAI**

A high-energy circuit training class that combines dumbbells, kettlebells, and functional bodyweight movements to build strength, burn calories, and boost endurance. You'll rotate through timed stations designed to challenge your entire body, improve athletic movement, and keep your heart rate high from start to finish.



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# CORE AND CONTROL WITH ZAHARA

A fast-paced, focused class designed to strengthen the deep core, improve balance, and build full-body control. Using controlled movements and stability-based drills, this class reinforces posture, coordination, and injury-resistant strength that carries into every other workout. Instead of just working abs or glutes, you'll train your entire core system to move better, feel stronger, and stay stable under load.

# IRON FLOW WITH STINE

This recovery-focused flow pairs controlled yoga movements with light resistance to activate stabilizers, improve flexibility, and rebuild strength without heavy impact. Perfect for improving mobility, reducing soreness, and keeping your body strong and resilient throughout the challenge.



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# **EARN & BURN WORKSHOPS**



## **BUILDING SUSTAINABLE FITNESS HABITS**

**WITH STEPH**

Members will learn why most fitness plans fail and how to avoid those pitfalls, how to create their own "busy day routine" around the three pillars of fitness (strength, cardio, mobility), how to use "atomic habits", and will ultimately walk away with a beginner fitness routine to follow.

## **MIX AND SAVOR WITH DAWN**

Learn how to "health-ify" your favorite snacks and meals without giving up flavor. This interactive nutrition class shows you simple ingredient swaps that lower sugar, boost protein, and improve nutrition while keeping the foods you love tasting great. You'll also sample recipes and leave with easy ideas you can use right away.



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# **EARN & BURN WORKSHOPS**



## **SMART PROGRAMMING WITH SKYLER**

This class teaches you how to build effective workouts for the days you're not training with a coach. Learn how to choose the right exercises, balance strength and cardio, and structure your sessions so you keep making progress without overtraining. You'll leave with the confidence to train smarter on your own.

## **REFUEL AND RECOVER WITH JARAH**

Learn how to eat after hard workouts to repair muscle, reduce soreness, and come back stronger for your next session. This class covers the right balance of protein, carbs, hydration, and timing so your body can recover faster and perform better. You'll also get simple, real-food meal ideas you can use immediately.

