

ASCEND

TEAM TRAINING

NOVEMBER

SUN

MON

TUE

WED

THU

FRI

SAT

8:15AM
BOOTCAMP

9:15AM
STRENGTH

6:15PM
ENDURANCE

6:15PM
BOXING

9:15AM
STRENGTH

6:30PM
STRENGTH

6:15PM
BOXING
*STARTING 11/6

5:15AM
STRENGTH

9:15AM
BOXING

7:15AM
STRENGTH

8:15AM
BOXING

NOVEMBER EXCLUSIVE CLASSES

We're switching things up with exclusive ASCEND classes available only this month. These exclusive sessions will take the place of regular classes—join in, stay consistent, and complete the full November series!

MONDAY 11/3 - 9:15 AM

ENDURANCE STRENGTH COMPETITION

TUESDAY 11/11 - 6:15 PM

AROUND THE WORLD BOXING

SATURDAY 11/22 - 8:15 AM

BOXING BINGO

THURSDAY 11/27 - 8:30 AM

PRE-FEAST BURN BOOTCAMP

SUNDAY 11/30 - 8:15 AM

S.W.E.A.T. UNIT



*UPDATED 11/1/25

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.

NOVEMBER EXCLUSIVE CLASSES

Don't miss your chance to try these November Exclusive ASCEND classes! Can you complete the series?

ENDURANCE STRENGTH COMPETITION (11/3)

Push your limits in this HYROX-style team challenge that fuses endurance and strength for a full-body test of power, speed, and grit.

AROUND THE WORLD BOXING (11/11)

Circle the room, crush combos, and feel the burn in this nonstop boxing circuit that builds stamina, strength, and serious sweat.

BOXING BINGO (11/22)

Punch, sweat, and play your way to victory! Complete boxing combos and fitness challenges to mark off your Bingo card.

PRE-FEAST BURN BOOTCAMP (11/27)

Torch calories, boost endorphins, and earn your feast in this Thanksgiving-morning sweat fest designed to leave you strong and satisfied.

S.W.E.A.T. UNIT (Special Workouts, Energy, And Teamwork) (11/30)

A full-body workout that combines strength training, cardio, and functional movements for maximum results. Expect to S.W.E.A.T.

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.

BOOTCAMP

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