

CLUBWORX

SMALL GROUP TRAINING SCHEDULE

2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30 AM	LM Shapes (pilates + barre) (Garage)	LM Strength Development (Garage)	Conditioning (Garage)	LM Strength Development (Garage)	Kickboxing (Garage)	
10:30 AM					LM Shapes (pilates + barre) (Garage)	Workout Roulette (Garage)
11:00 AM	Senior Conditioning (Perf 2)	Senior TRX (Perf 2)	Senior Strength & Fitness (Perf 2)	Senior TRX (Perf 2)	Senior Strength & Fitness (Perf 2)	
11:30 AM						
12:00 PM	Senior Thrive (Perf 2)		Senior Conditioning (Perf 2)		Senior Conditioning (Perf 2)	
12:30 PM						
6:00 PM	Kickboxing (Garage)	Workout Roulette (Garage)	LM Strength Development (Garage)	LM Shapes (pilates + barre) (Garage)		

Last Updated 9/30/2026

Small Group Training Descriptions

CONDITIONING You will be challenged during these sessions with bouts of high intensity training. Increase your metabolic demand and increase energy use to help make your body a more efficient fat burning machine. This metabolic conditioning program will help you increase stamina, endurance and core strength.

SHAPES These sessions are designed to improve your strength, endurance, balance, and cognitive thinking. Your body and mind will be challenged as you work to help keep moving, performing, and improving your strength and power

STRENGTH DEVELOPMENT These sessions are designed to improve your strength, endurance, balance, and cognitive thinking. Your body and mind will be challenged as you work to help keep moving, performing, and improving your strength and power

KICKBOXING Our small group kickboxing class combines functional fitness with real striking techniques for a high-intensity, full-body workout. Build endurance, relieve stress, and level up your strength in a focused, high-energy environment that keeps you motivated and pushing your limits. Perfect for all fitness levels, each session is designed to challenge you, refine your technique, and deliver results you can feel.

WORKOUT ROULETTE Roll the dice and help create your fate in the workout created from a combination of power, strength and cardio movements put together in a circuit to improve your conditioning and endurance.

Senior Evolve Descriptions

SENIOR THRIVE This is the workout that meets you wherever you are on your fitness journey. A 45-minute low-impact session that helps you feel fit, strong and in control - whatever your fitness level.

Moving at your own pace, you can improve lower body and core strength, flexibility, and balance. Expert coaching ensures you get the most from the science-backed exercises. You finish feeling empowered, happy and fit for life.

SENIOR CONDITIONING You will be challenged during these sessions with bouts of high intensity training. Specifically designed for seniors, to increase your metabolic demand and increase energy use to help make your body a more efficient fat burning machine. This metabolic conditioning program will help you increase stamina, endurance and core strength.

SENIOR STRENGTH & FITNESS Specifically for seniors, these sessions are designed to improve your strength, endurance, balance, and cognitive thinking. Your body and mind will be challenged as you work to help keep moving, performing, and improving your strength and power

SENIOR TRX Specifically designed for seniors, this body-weight class is safe and effective. All exercises are designed to displace your center of gravity, thus activating your core musculature during every exercise while you are improving mobility, flexibility, strength and endurance, TRX & reg; has it All!