

The LOFT Functional Training Center

January Program Schedule



Individual Program Pricing (single session)

- Member \$ 7
 - Non-Member \$ 15 (includes guest fee)
- * Register at the front desk upon arrival for class. Spots are limited.

Session Programs (indicated by S) – Paid for on monthly or full program basis

- Bootcamp **Next Program starting February 11th (see filer for details)
- Lil Ninja's \$45/55 per month (Member/Non-member)
- Adult Self-Defense \$45/55 per month (Member/Non-member)
- Akido \$45/50 per month (Member/Non-member)

***Register in advance with the front desk for all Session Programs.**

*Can try a single session program class for Individual program pricing. (Except Akido)

Mon	Tue	Wed	Thu	Fri	Sat
	6:30p - REDZONE w/ Heather	6:15a-TRX Functional Training w/ Erica	5:15a-BODY BURN w/Crystal		10a-TRX w/Dee *Except 11 th & 18 th
		5p-SELF DEFENSE w/Mike (S)	4p-LIL NINJA'S w/Mike (S) 5p-AIKIDO w/Bryce (S)		
			6:30p - REDZONE w/ Heather		

The LOFT is about two things—BUILDING COMMUNITY, and ENABLING ACHIEVEMENT for all ages and abilities. Functional fitness trains your muscles to work together and prepares them for daily tasks by simulating movements you might do at home, at work or in sports. It trains your whole body while emphasizing core stability. We offer targeted classes & programs designed to help you connect & accomplish your goals!

Program Descriptions:

REDZONE-Circuit style full body workout

TRX– Get whole body fit using TRX bands

BODY BURN – Mixture of strength and cardio movements.

LIL NINJAS – Kids martial arts to help promote control and focus

SELF-DEFENSE - For adults looking to develop basic defense skills

AIKIDO - martial arts all age