



Hercules CrossFit Classes

ONLY \$99.00 per month/ \$170 per couple

Non-members \$125 per month (Drop in fee \$20)

Ask about our 3 month special!

CrossFit: *The class workout is made up of a combination of functional movements and cardiovascular conditioning creating natural strength and power that you will use in everyday life activities. Why spend hours in the gym when you can cover every spectrum of fitness in one 30 – 40 min class. Burn body fat, tone and firm, create total body strength, work your cardiovascular system and cool down with stretching all in less than an hour.*

www.HerculesCrossFit.com

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am		Lesha		Lesha		
7am	Bryan		Bryan		Bryan	
8am		Lesha		Lesha		
10am						Lesha
11am	Bryan		Bryan		Bryan	
5pm	Bryan					
5:30pm		Bryan		Bryan		
6pm			Bryan		Lesha	
7pm	Lesha			Lesha		