

OPTI-FIT STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15-6:15 am OptiFit Josh R.	5:15-6:15 am OptiFit Josh R.		5:15-6:15 am OptiFit Josh R.			
8:30-9:30 am OptiFit Josh R.		8:30-9:30 am OptiFit Val J.		8:30-9:30 am OptiFit Val J.	8:30-9:30 am OptiFit Whitney S./ Joshua R.	
	9:00-10:00 am Opti-Box Darcy C.		9:00-10:00 am Opti-Box Darcy C.	9:30-10:00 am Opti-Roll Joshua R.	9:30-10:30 am OptiFit Whitney S./ Joshua R.	9:30-10:30 am OptiFit Whitney S./ Joshua R.
12:00-1:00 pm OptiFit Kristi B.	12:00-1:00 pm OptiFit Val J.	12:00-1:00 pm OptiFit Val J.	12:00-1:00 pm OptiFit Val J.			
	5:30-6:30 pm OptiFit Morgan B.		5:30-6:30 pm OptiFit Morgan B.			

All classes and class descriptions can be accessed and booked on the Opti-Life App. Class schedule can change without notice, so please use the app for most up-to-date class information.

CLASS DESCRIPTION

OptiXFit

OptiXFit is focused on higher intensity and strength combined with metabolic conditioning geared to push you to your limits. Each workout is specially designed to challenge your body and develop new skills while ensuring form is safe. Every workout is different, and everyone can work at their own level of intensity. *OptiXFit Class only available with EMPOWER or OPTIMUM Membership Type.

Cardio Opti-Box

This mix of traditional shadow boxing and HIIT cardio is a combination that will work your cardio and endurance. We will mix it up with different punching combos to challenge your upper body and core. This full body workout is a way to blast calories and relieve stress all in one! No equipment required.