

2024 NOVEMBER



Warrior FC Group Fitness Class Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>** 4:30PM FMC Kettlebell classes held in Hess FC, Functional Fitness Area \$40 per month \$5 Drop-in or \$45 Punch Pass (10 classes) for all other Warrior FC classes</p>					<p>1</p> <p>4:30PM </p>	<p>2</p> <p>9:00AM </p>
<p>3</p>	<p>4</p> <p>4:30PM </p> <p>5:30PM </p>	<p>5</p>	<p>6</p> <p>9-9:30AM </p> <p>9:30AM </p> <p>4:30PM </p>	<p>7</p>	<p>8</p> <p>GYM CLOSED NO CLASSES</p>	<p>9</p> <p>NO CLASSES</p>
<p>10</p>	<p>11</p> <p>GYM CLOSED NO CLASSES</p>	<p>12</p>	<p>13</p> <p>9-9:30AM </p> <p>9:30AM </p> <p>4:30PM </p>	<p>14</p>	<p>15</p> <p>4:30PM </p>	<p>16</p> <p>9:00AM </p>
<p>17</p>	<p>18</p> <p>4:30PM </p> <p>5:30PM </p>	<p>19</p>	<p>20</p> <p>9-9:30AM </p> <p>9:30AM </p> <p>4:30PM </p>	<p>21</p>	<p>22</p> <p>4:30PM </p>	<p>23</p> <p>9:00AM </p>
<p>24</p>	<p>25</p> <p>4:30PM </p> <p>5:30PM </p>	<p>26</p>	<p>27</p> <p>9-9:30AM </p> <p>9:30AM </p> <p>4:30PM </p>	<p>28</p> <p>Happy Thanksgiving </p> <p>GYM CLOSED NO CLASSES</p>	<p>29</p> <p>GYM CLOSED NO CLASSES</p>	



Get ready to dance your worries away with Zumba! Join us for exhilarating, fast-paced classes filled with current music and high-energy moves that'll have you feeling accomplished and invigorated. Zumba isn't just a workout— it's therapy for the mind, body, and soul. Say goodbye to your troubles and hello to a healthier, happier you on the dance floor!



Get stronger and increase your conditioning using kettlebell exercises like the

- Deadlift
- Swing
- Clean & Press
- Snatch

Plus, many others.....

\$40.00 per month, register at the Warrior Fitness center



WARRIOR Combat
KEEP FIGHTING

Boxing inspired, powerful, and fierce, WARRIOR Combat includes high intensity intervals, stress-melting strength training, and music driven fight combinations. This empowering class makes you feel confident and strong.



STRONG NATION™ COMBINES HIGH INTENSITY INTERVAL TRAINING WITH THE SCIENCE OF SYNCED MUSIC MOTIVATION. IN EVERY CLASS, MUSIC AND MOVES SYNC PERFECTLY TO PUSH YOU BEYOND YOUR LIMITS.



POUND® is a full-body jam session that combines cardio, conditioning and core work with the excitement and euphoria of drumming.