**GEAUX PLAY**

***$29.95/month***

Includes gym and cardio machines, free assessments, nutrition counseling

*and all Geaux Fit Classes*

*(Excludes Krav Maga)*

**First class free**

Located across from U Haul & next to Metro Rental

Off Hwy 31

2790 Pelham Pkwy, Pelham **406-5830 or 266-6205 (cell)**

**SCHEDULE** 1/8/18

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Saturday |
| **8:30 AM**  **Weight Training**  **5:00 PM**  **Spin** | **8:30 AM Spin**  **9:30 AM**  **It’s Geaux Time**  **5:00 PM**  **Weights, Cardio & Core**  **7:00 PM**  **Krav Maga**  ***Beginner***  ***self defense class***  **(*separate program*)**  **8:00 PM**  **Krav Maga (P3)**  ***self defense class***  **(*separate program*)** | **5:00 PM**  **It’s Geaux Time** | **8:30 AM**  **Spin**  **9:30 AM**  **Weights & Cardio**  **5:15 PM**  **Kickboxing & Core**    **7:00 PM**  **Krav Maga**  ***Beginner***  ***self defense class***  **(*separate program*)**  **8:00 PM**  **Krav Maga (P3)**  ***self defense class***  **(*separate program*)** | **10:00 AM**  **Beginner**  **Krav Maga**  ***self defense class***  **(*separate program*)**  **11:00 AM**  **Krav Maga (P4&5)**  ***self defense class***  **(*separate program*)** |

**It’s Geaux Time**

**Doing a variety of exercises to maximize calorie burn and increase metabolic rate during and after your workout.**

**Krav Maga**

**Self Defense for REAL LIFE. Originated in Israel. It is based on natural reactions to events so it’s easy to learn & remember**

**Weight Training**

**Check out this total body workout with weights!**

**Spin®**

**A cycling class that will deliver a personalized workout, incredible calorie burn, and personal challenge all at a self-directed pace.**

**Kickboxing**

**Choreographed cardiovascular workout consisting of jabs, hooks, uppercuts and kicks designed to get you on your way to a leaner body and a healthier state of mind.**