



# FALL CLASS SCHEDULE

SEPTEMBER 3RD TO OCTOBER 20TH

## GROUP FITNESS PILATES MATWORK, BARRE AND TRX (pre-registration)

MON	TUE	WED	THU	FRI	SAT
8:30AM <b>ULTIMATE BARRE</b> COLLEEN	9AM <b>TRX BOOTCAMP</b> DON	<b>NEW</b> 8:30AM <b>BOUNCE</b> COLLEEN	9AM <b>CARDIO CORE</b> DON	8:30AM <b>PURE YOGA</b> LOUISE	9AM <b>PRENATAL PILATES</b> HELENA
					10AM <b>ENERGY X-TRAINING</b> HELENA
5:30PM <b>ULTIMATE BARRE</b> COLLEEN	5:30PM <b>POWER PILATES</b> HELENA	5:30PM <b>TRX BOOTCAMP</b> DON	5:30PM <b>PURE YOGA</b> LOUISE	<b>GET ENERGYFIT THIS FALL!</b> pre-register for classes by September 3rd and <b>SAVE 15%</b>	
6:30PM <b>PILATES STRETCH</b> DON	<b>NEW</b> 6:30PM <b>BOUNCE</b> COLLEEN				

## ENERGY LUNCH EXPRESS CLASSES

MON	TUE	WED	THU	FRI
12:15PM <b>SCULPT</b> DON	12:15PM <b>FLOW</b> HELENA	12:15PM <b>POWER</b> COLLEEN	12:15PM <b>CORE</b> HELENA	12:15PM <b>BALANCE</b> DON

**\$125**  
UNLIMITED  
LUNCH PASS

## GROUP REFORMER CLASSES (pre-registration)

MON	TUE	WED	THU	FRI	SAT
9AM <b>HIIT REFORMER</b> HELENA		9AM <b>POWER REFORMER</b> DON		9AM <b>REFORMER GLOW</b> HELENA	
<b>POWER PILATES BOOTCAMP</b> Starts September 4th		TUE & THU 6:30AM - 7:15AM TUE & THU 8:15AM - 9:00AM TUE & THU 1:00PM- 1:45PM		10AM <b>RESTORATIVE REFORMER</b> COLLEEN	10AM <b>REFORMER+</b> DON
5:30PM <b>REFORMER+</b> HELENA	5:30PM <b>CARDIO REFORMER</b> COLLEEN	5:30PM <b>POWER REFORMER</b> COLLEEN	5:30PM <b>REFORMER+</b> DON	<b>REFORM YOUR BODY THIS FALL!</b> pre-register for classes by September 3rd and <b>SAVE 15%</b>	
			6:30PM <b>HIIT REFORMER</b> HELENA		

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