

REP ROOM

FEES

Introductory class rates: \$5 for Body Zone members | \$15 for non-members (includes full access to Body Zone except for the pool, and discounted child care, when available, for the day.)

SIGN UP!

Advance online reservations are required.

Scan the code or visit:
bodyzonesport.com/reproom

OPEN TO THE PUBLIC

REP ROOM is Body Zone's new group HIIT workout studio offering High Intensity Interval Training (HIIT), supportive and difference-making coaching, the latest cardio and strength equipment, MYZONE heart rate monitoring technology and science-driven class design to get you in shape and keep you there!

A MYZONE MZ-3 heart monitor belt is required for every class.

A complimentary MZ-3 sample belt is available for your first class. After the first class they are available for purchase in-person at Body Zone Guest Services for \$30.



SCHEDULE SUBJECT TO CHANGE

SWITCH 50 Class Schedule

It's not about how many rounds you get, but how many good rounds you get!

SWITCH 50 is REP ROOM's signature class. Come ready to work and get ready for a full-body, balanced and science-based strength and cardio fitness routine. SWITCH 50 training has three focuses: endurance, strength and anaerobic. Expect a different 50-minute class every time by "switching" between cardio and strength exercises anywhere from four to eight times.

Classes are 50 minutes long

MONDAY

TIME	COACH
5:15 am	Ricky
6:30 am	Connor
9:00 am	Ricky
4:30 pm	Ashleigh
6:30 pm	Tammy

TUESDAY

TIME	COACH
5:15 am	Lauren R.
9:30 am	Julianne
5:30 pm	Jen
6:30 pm	Linette

WEDNESDAY

TIME	COACH
5:15 am	Connor
6:30 am	Connor
9:00 am	Chrystine
12:00 pm	Connor
4:30 pm	Connor
6:00 pm	Jen

THURSDAY

TIME	COACH
9:30 am	Sarah
12:00 pm	Lauren D.
5:30 pm	Ashleigh/ Chrystine
6:30 pm	Chrystine

FRIDAY

TIME	COACH
5:15 am	Lauren R.
6:30 am	Connor
9:00 am	Stephen

SATURDAY

TIME	COACH
8:45 am	Rotating
	Coaches:
	Jen
	Sarah
	Chrystine
	Stephen
	Connor

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BODY ZONE