



Versa Training & Island Ride Studio Cycling

Salt Mills Plaza, Grace Bay, Providenciales (649) 941-8686

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 AM 1 HOUR	BODY BOOT CAMP	SPIN	BODY BOOT CAMP	SPIN	RUNNING CLUB		
8:00 AM 1 HOUR	STRENGTH FORCE	INTERVAL & WEIGHTS	BLT	INTERVAL & WEIGHTS	INTERVAL & WEIGHTS	HATHA YOGA (9:00 AM)	SPIN (9:15 AM) RUN 10:15 AM
12:00 AM 30 MIN	BEACH P90X (12:15pm)		CORE		CORE		
12:30 PM 30 MIN			SPIN		SPIN	CHECK OUT THE WEB! www.athleticclubnet.com	
5:30 PM 1 HOUR			RUNNING CLUB (30 min)		ADULT REVOLUTION DANCE WITH DAVID BOWEN	ANNUAL AND SIX MONTHLY MEMBERSHIPS NOW AVAILBLE	
6:00 PM 1 HOUR	SPIN	BODY SCULPTING	SPIN	KEMPO X KICK BOXING			

IR = ISLAND RIDE STUDIO CYCLING

SPIN 30 and 60 minutes of studio cycling sessions designed to burn fat, tone muscles and increase cardiovascular stamina. Bring water and a towel as you watch the sweat pour off your body.

MULTILEVEL

INTERVAL & WEIGHTS A fun class aimed at all fitness levels with a mix of upper body, lower body, core and cardio drills, finishing up with a long stretch.

BODY BOOT CAMP Hard core program to develop strength, agility, endurance and overall conditioning. Push yourself to YOUR limit !!

BLT BUTTS, LEGS and THIGHS. Sculpt and tone these areas that need it the most.

PX90 A unique system of high intensity muscular workouts aimed at turning your body from flab to fit. Beach PX90 is done on, you guessed it, the beach. Bring it !!

STRENGTH FORCE A sports-inspired cardio workout for building strength and stamina. Get motivated during this high energy interval training class combined with athletic aerobic movements with strength and stabilization exercises.

MIND / BODY

HATHA YOGA Unite your mind, body and spirit, improving your posture, strengthen and tone your body and focusing your mind. Suitable for all abilities.

OUTDOORS TRAINING

RUNNING CLUB Start your 5k and triathlon training by taking it outside for a 3 mile run. Bring a reflector for evening sessions.

COURSE SESSIONS (pre-registration required)

I LOST IT AT THE CLUB BE YOUR OWN BIGGEST LOSER ! During this eight week program, let us train you, motivate you and give you the tools you need to lose those unwanted pounds once and for all. Starts January 26th. Sign up now.

**** Hours: Monday-Thursday 6am-2pm/4pm-8pm, Friday 6am-2pm/4pm-7pm, Saturday & Sunday 9am-NOON ****

All classes are FREE to members

\$15 drop in for non members