

Amplify Classes

Monday

7:30 am	TBT	Fitness Center Turf	60 minutes	Nick	12
8:00 am	Quick Fit	Sports Performance	45 minutes	Tom	10
12:00 pm	PTX	Sports Performance	45 minutes	Tom	12
5:00 pm	INSANITY	Green Studio	50 minutes	Vee	10
6:30 pm	Turfin It Out	Fitness Turf	60 minutes	Tim	12

Tuesday

5:30 pm	Quick Fit	Sports Performance	60 minutes	James	10
6:30 pm	Turfin It Out	Fitness Turf	60 minutes	Tim	12
7:30 pm	Power Circuit	Sports Performance	60 minutes	Nick	12

Wednesday

7:30 am	TBT	Fitness Center Turf	60 minutes	Nick	12
8:00 am	Quick Fit	Sports Performance	45 minutes	Tom	10
12:00 pm	PTX	Sports Performance	45 minutes	Tom	12
5:30 pm	TRX	Green Studio	45 minutes	Nick	10

Thursday

5:00 pm	Bootcamp	Sports Performance	60 minutes	Leah	12
6:00 pm	Quick Fit	Sports Performance	45 minutes	James	18
7:30 pm	Power Circuit	Fitness Center Turf	60 minutes	John	12

Friday

7:30 am	TBT	Fitness Center Turf	60 minutes	Nick	12
8:00 am	Quick Fit	Sports Performance	45 minutes	Tom	10
12:00 pm	PTX	Sports Performance	45 minutes	Tom	12

Saturday

9:00 am	Wicked Warrior	Sports Performance	75 minutes	Leah	12
9:00 am	Open Training	Sports Performance	180 minutes	Open	

\$49/month (adult membership upgrade); \$79/month (2 adults, family membership upgrade)

Drop In Rates: \$15/class or \$60 for 5

Each class is limited to maximum number of participants. Please create an account on www.signupgenius.com. Once you have an account created, select the classes and day you plan to attend. Follow these steps to find the classes:

- Go to the Home Page
- Click "find a sign up"
- Search by email: "thomasb@nooksports.com"
- Enter the Random Text
- Select the Class
- Sign yourself into the days you are going to attend



Turbo-Charge Your Fitness

Upgrade your current fitness or climbing membership and boost your workouts with structure, challenging classes. Keep all the perks of your current membership and build muscle, tone, burn fat, increase speed and take your physical fitness to a new level.

Amplify Membership Value

Amplify is an excellent value. In addition to the benefits you receive as a fitness member, you will also:

- Train like an athlete
- Experience unique exercises that give your workouts variety
- Burn more calories
- Have access to 20+ expertly designed classes per week

Upgrade Your Fitness or Climbing Membership

You must be a current member to join this program.

Adults: +\$49/month

Family (2 adults): +\$79/month

Class Drop-in Fees: \$15 per class or 5 for \$60

20+ Classes to choose from each week!

Quick Fit Three supersets with cardio between. 45-50 minutes of high intensity circuit training.

Wicked Warrior Take the challenge and prove you have what it takes: HIIT, strength, core, cardio, and muscle endurance.

PTX Personal Training X, this 45-50 minute high intensity circuit training class will help you make the most of your lunch break.

Insanity A total body workout using only your body for resistance.

TBT Shock your body for 60 minutes with various exercises to keep your heart rate up.

Bootcamp Ready to sweat and grind. Pushing, pulling, jumping, throwing, and slamming into shape!

Turfin It Out A series of sleds, relays and more!

TRX The TRX suspension training supports and challenges you to meet your fitness goals!

Open Training Train on your own in the Sports Performance Center.