\*Please read for new class pricing, and terms, be sure to read to the end! \*

-If you attend our classes but are not a general access member, please note that if your class falls outside of our staffed hours then the class instructor will let you in through the front door. They will begin to check for your arrival 5 minutes before the class start time; and several times leading up to.

-If you are late for a class that is offered during non-staffed hours, you agree that the class credit will not be refunded. Instructors are not required to leave a class that is in session to check the door or let anyone in.

-If you are a gym member, who also takes classes with us, you will be able to access your class using your 24-hour pass. Please scan in through the side door during non-staffed hours.

Walk-in signups will no longer be allowed. Classes MUST be signed up for two hours ahead of a class start time.

-If there is only one client signed up to take a class, two hours prior to the class start time, the class will be cancelled. All classes must have at least two clients for the class to be held. You will be notified if you are signed up for a class and it is cancelled.

-If one (or no) clients are signed up to take a 5:00am class, by 9:00pm the night before, the class will be canceled.

-Our UNLIMITED Package is BACK!!!! This package will be $60 for the month of unlimited classes and DOES expire every 30 days. We also have unlimited classes + gym membership for $80/ month.

NEW PRICING:

Classes only: $60 for 1 month of unlimited classes

Unlimited classes + gym membership for $80/ month.

Drop-in Class Rate $12.00

Members drop in rate: $10.00

Current class list (updated 10/13/2025):

Monday:

5 am Core & Restore (mat pilates) with Marissa

6 am Metcon (HIIT spinoff) with Courtney

7 am Resilient motion (mobility & stretching) with Jacob

5 pm Resilient motion (mobility & stretching) with Jacob

6 pm, PM Warrior (functional training) with Jacob

7:30 pm Brazilian Jiu- Jistu with Basement Borthers BJJ

 Tuesday:

6 am, AM Warrior with Jacob

7 am POWER ABS (full ab class) with COurtney

5:30 pm Strength Lab (strength training class) with Courtney

6:30 pm Core + Restore with Marissa

Wednesday:

5 am Core & Restore (mat pilates) with Marissa

6 am FIT (functional Interval Training) with Jacob

7:30 am Strength Lab with COurtney

4:15 pm Power Abs with COurtney

5:30 pm HIIT with Jacob

6:30 pm Youth Strength 101 (ages 12-17) with Marissa

7:30 pm Brazilian Jiu-Jistu

Thursday:

6 am FIT with Jacob

5:30 PM Kickboxing (not cardio class, learn to actually fight) with Steve from Hammer Kickboxing Academy

6:45 pm Core & Restore (mat pilates) with Marissa

Friday:

6:30 am Strength Lab with COurtney

7:30 am Core & Restore (mat pilates) with Marissa

7:30 pm Brazilian Jiu-Jitsu

Saturday:

8 am, AM Warrior with Jacob

9 am Youth Strength 101 with Marissa

10 am Kickboxing with Steve

12:15 pm Sports Training with Damon

Sunday

None