

DAY	TIME	INSTRUCTOR	CLASS TYPE
Tuesday	6:00am	Rashawn	HIT
Wednesday	10:15am	Marie	Stability
Friday	6:00am	Cameron	HIT
Saturday	7:30am	Michael	HIT
Sunday	8:30am	Erin	HIT

High Intensity Training (HIT) A cross-conditioning workout for members of all fitness levels which incorporates dynamic strength, power, and balance.

Stability Sit at a desk for 40 hours a week? Coming off a case of tendonitis? Need to start moving better? Then Stability is for you! All participants will be also evaluated by our certified movement expert to see what exercises will be right for you.

Spartan A Spartan inspired high-intensity workout class. Spartan GroupX is designed to complement Spartan Team training or as a stand-alone training session. When combined with Spartan Team training, you will be tested against the rigors of an actual obstacle race. When taken by itself, Spartan GroupX will give you a unique and intense workout. **Training takes place outside during summer.*

FEES Single class = \$9.50 member/\$14 guest; 6-pack = \$54 member/\$81 guest; 12-pack = \$102 member/\$156 guest

Schedule Effective September 8, 2018 | 25 hour sign up policy applies.

Kindly give 4 hours notice of cancellation to avoid a 100% cancellation fee.

NOTE: Sessions must be pre-paid for these classes. If you have taken a class and have no sessions on file, Cornerstone will charge the cost of a single class to your method of payment on file. Signing up for auto renewal will avoid single class charges. Stop by member services or call 215.862.2200.

Register online at www.cornerstoneclubs.com

