

· share the ·



partner workout week

Bring your significant other or grab your gym bestie for a Valentine's week of specialty workouts for two! Have a partner who is not a member? **Bring in a guest for free during Valentine's Day week (February 11-17th).**

Monday, February 11

9:30 - 10am | Assisted Partner Stretching | Studio D

Wednesday, February 13

8:15 - 9:15am | Total Body Fitness[^] | Studio A/B

Thursday, February 14

5:15 - 6pm | Rock Bottom Hard Core | Studio A/B

6:15 - 7:45pm | Specialty Partner Yoga⁺ | Studio A/B

Saturday, February 16

8:15 - 9:15am | Total Body Fitness[^] | Studio A/B

[^] Strength Training will be Total Body Fitness just this week on Wednesday and Saturday at 8:15am to accommodate the partner workout

⁺ Sign up and payment for this specialty class required at the front desk

Sign up at the information table with your partner