

Additional Classes Available

Check out these other opportunities to expand upon your basic American Fitness membership.
Ask the front desk about our current class drop-in and/or membership rates



Mondays & Wednesdays

6:30 am - Burn w/Jess*
8:00 am - Heat w/Scott
9:00 am - Heat w/Scott
3:30 pm - Heat w/Scott
5:30 pm - Burn w/John (Mon) Jess (Wed)

Tuesdays & Thursdays

6:30 am - Burn w/Michelle*
8:00 am - Burn w/Jess
4:45 pm - Burn w/Jess

Fridays

6:30 am - Burn w/Jess*
8:00 am - Heat w/Scott
9:00 am - Heat w/Scott
3:30 pm - Heat w/Scott

Saturdays

8:30 am - Abs w/Alistair*
9:00 am - Heat w/Alistair

NOTE:

*30 minute class
All other classes
are one hour.

***“BURN”** - A fast-paced cardio conditioning with an afterburn effect.*

***“HEAT”** - A high-endurance athletic training/weight training oriented.*

Please join our facebook group, “The Corner Bootcamp” for all updates!

***Still want more?** Ask the front desk about our personal training opportunities.*