



DISCOVER SCHEDULE

STUDIO FITNESS - POWERED BY **NZONE**

DISCOVER MEMBERS GET:

- ✓ UNLIMITED STUDIO CLASSES
- ✓ SMOOTHIE PUNCH CARD
- ✓ FIELD & COURT ACCESS
- ✓ FITNESS CENTER INCLUDED
- ✓ FITNESS EVALUATION
- ✓ GUEST & DROP-IN PASSES
- ✓ MEMBER ONLY EVENTS & DISCOUNTS
- ✓ REFERRAL REWARDS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	6AM - TRIPLE 20 (KEG) 930AM - POUND 30 (KEG) 1000AM - CARDIO 30 (KEG) 10AM - YOGA (STUDIO A) 1030AM - STRENGTH (KEG) 1215PM - LUNCH CRUNCH (KEG)	7AM - TABATA (KEG) 930AM - BARRE (KEG) 1030AM - HIIT CARDIO (KEG)	6AM - TRIPLE 20 (KEG) 930AM - REFIT® (KEG) 10AM - YOGA (KEG) 1030AM - STRENGTH (KEG) 1215PM - LUNCH CRUNCH (KEG)	7AM - TABATA (KEG) 930AM - BARRE (KEG) 1030AM - HIIT CARDIO (KEG)	6AM - TRIPLE 20 (KEG) 930AM - BARRE (KEG) 1030AM - KICK & CHISEL (KEG)	8AM-9AM – MOBILITY (CF BOX) 9AM - FREE COMMUNITY WOD 9AM - STRETCH & CORE (KEG) 9AM - STRENGTH (STUDIO A) 10AM - JUST DANCE (KEG)
EVENING	6PM - STRENGTH (STUDIO A) 6PM - YOGA (STUDIO B) 7PM - BARRE (STUDIO A)	630PM - ZUMBA (STUDIO A) 7PM - MOBILITY HAPPY HOUR (CF BOX) 730PM - KICK & CHISEL (STUDIO A)	530PM - CARDIO 30 (STUDIO A) 600PM - STRENGTH 30 (STUDIO A) 630PM - CORE 30 (STUDIO A) 7PM - STRETCH 30 (STUDIO A)	6PM - TRIPLE 20 (STUDIO A) 7PM - MOBILITY HAPPY HOUR (CF BOX) 7PM ZUMBA (STUDIO A)	530PM - ZUMBA (STUDIO A) ALL CLASSES ARE ONE HOUR UNLESS OTHERWISE NOTED	CARE4KIDS HOURS M – F 8AM-830PM Sat 8AM – 12PM Sun CLOSED

Discover Membership \$40 monthly for unlimited Studio classes 25+ studio fitness, referral rewards, guest passes, drop-in passes, field & court use, fitness evaluation, member's only events and discounts, and more. Discover members have access to state-of-the art fitness center with daily inspiration from our trainers to give you workout motivation! Additional family members join Discover for \$35 or choose other packages at discounted rates. Extended Fitness Center hours give you even more opportunities to get stronger every day!

Care4Kids \$30 month per child

Contact us by calling 703.266.0118, emailing members@thenzone.com

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