

MX4 CLASS PRICES



Classes run in 4 week sessions. Must commit to the day and time you signed up for. For example if you sign up for Mondays at 5:30am, that is the class you attend all 4 weeks. No pro rating if you join class late in the session.

Sign up at Member Service Center. Drop Ins are allowed, as long as there is room on the class roster. Class recommendation for best results is 2-3x/wk, but not required! Also recommended to rest a day in-between classes.

New workouts every class each month! Sign up begins December 23, 2019

Monthly Classes (4 week sessions)	1X/WK = \$30.00/mos (4 classes/mos)	2X/WK = \$60.00/mos (8 Classes/mos)	3X/WK = \$90.00/mos (12 classes/mos)
Drop In Rate	\$12.00/Class		

MX4 Description: MX4 uses high-intensity interval training to strengthen muscles and develop endurance and power. This high energy **class** uses a variety of Matrix equipment including: battle ropes, Matrix S-Drive Performance Maker treadmill, rowers, medicine ball, kettlebells, and exercise balls. Class structure runs in a circuit format. All levels are welcome!

