

# CAC - SILVER LAKE IMPACT SCHEDULE MAY 11 – JUNE 29

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning			IMPACT w/ Alex <b>Move &amp; Perform (Adults)</b> 10:00 - 11:00am				
Afternoon			IMPACT w/ Alex <b>Move &amp; Perform (Youth)</b> 5:00 - 6:00pm				
Evening			IMPACT w/ Chloe <b>Power Sculpt</b> 6:00 - 7:00 pm			IMPACT w/ Kyler <b>Strike + Strength Fusion</b> 5:00 - 6:00 pm	

## IMPACT Training Pricing:

Single Session: **\$25**

4 Sessions: \$95 (5% discount!)

8 Sessions: \$180 (10% discount!)

**Please sign up for training at the Front Desk!**

*Regular member access is prohibited during class time listed above.*

*We appreciate your understanding and cooperation as we service our IMPACT Participants!*



## **IMPACT** MOVE & PERFORM

Join Alex to elevate your tennis game in this high-energy functional fitness class designed to enhance your speed, agility, power, and endurance on the court. This dynamic workout combines explosive footwork drills, strength training, and mobility exercises to improve reaction time and overall athletic performance. Whether you're a competitive player or just looking to move better, this class will help you build the strength and stamina needed to dominate every match.

## **IMPACT** MORNING MOBILITY

Dive into Sam's class for a refreshing approach to fitness that combines aquatics and functional training. These sessions utilize the unique benefits of water to enhance strength, flexibility, and endurance, making workouts accessible for all fitness levels. Whether you're a seasoned athlete or new to exercise, you'll find a welcoming space to improve your overall fitness.

## **IMPACT** POWER SCULPT

Get inspired in Chloe's weightlifting-focused class, where motivation meets technique. With a passion for empowering others, she teaches you how to lift safely and effectively while pushing your limits. Chloe's supportive and energetic environment will encourage you to build confidence and achieve your strength goals.

## **IMPACT** STRIKE + STRENGTH FUSION

Experience a high-energy workout in Kyler's martial arts and weightlifting class, where discipline meets strength training. Each session combines technique from martial arts with effective weightlifting exercises, helping you build power and agility. Kyler's classes are perfect for those looking to enhance their fitness while learning self-defense skills in a fun, challenging environment.