



SOUTHWEST MICHIGAN'S BEST 24/7 FITNESS FACILITIES

MULTIPLE LOCATIONS

24/7 ACCESS FOR MEMBERS (18+)

CLASSES OPEN TO THE PUBLIC (12+)

PERSONAL & PARTNER TRAINING OPTIONS - 30-60 MINS

REWARDS PROGRAM

MEAL PREP DELIVERY SERVICE

SHORT & LONG TERM MEMBERSHIP OPTIONS

705 W. Buffalo St. New Buffalo, MI 49117
5 W. Ash St. Unit 4, Three Oaks, MI 49128

269.586.4280
getfit@eqfitnessnb.com
www.eqfitnessnb.com

WINTER 2019 CLASS SCHEDULE - 11/25/19 - 12/30/19

MONDAY

8:30AM - EQ SPIN (45 MINS)

9AM - GROUP TRAINING (THREE OAKS)

5:30PM - EQ BOXING (THREE OAKS)

TUESDAY

7AM - EQ SPIN (45 MINS)

9AM - EQ BARRE

9AM - EQ TRX (THREE OAKS)

WEDNESDAY

9AM - GROUP TRAINING (THREE OAKS)

6:30PM - SPIN CYCLE (45 MINS)

THURSDAY

7AM - EQ SPIN (45 MINS)

9AM - EQ BARRE

9AM - EQ TRX (THREE OAKS)

FRIDAY

8:30AM - EQ SPIN (45 MINS)

9AM - GROUP TRAINING (THREE OAKS)

SATURDAY

9AM - GROUP TRAINING (THREE OAKS)

10AM - EQ SPIN

SUNDAY

10AM - EQ SPIN

Ask about our Unlimited Class Gym
Membership Option!

Book/Cancel Classes before the
12 Hour Cut-Off, or contact us if you need
assistance, thank you!

Members:

\$10/Class or

12 for \$100

Guests:

\$15/Class or

12 for \$150

Classes Never
Expire & can be
Shared w/ Anyone
Ages 12+

Private Group
Classes Available
for Special Events



Register Online or w/ our App!
www.eqfitnessnb.com

