

Equilibrium Fitness - New Buffalo and Three Oaks, MI

Fall 2018 Class Schedule

Online Registration Required
<https://eqfitnessnb.ezfacility.com>

Times (EDT)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am							
7:00am	Spin Cycle	GT @ 7am	EQ Barre	GT @ 7am	EQ Barre		
7:30am	@ 7am (45 mins)		@ 7am		@ 7am		
8:00am						GT @ 8am	
8:30am	EQ Mat Pilates	EQ Barre	EQ Mat Pilates	EQ Barre	Spin Cycle w/ Abby		
9:00am	@ 8:30am	@ 8:30am	@ 8:30am	@ 8:30am	@ 8:30am		
10:00am							
11:00am						Spin Cycle w/ Abby	Spin Cycle w/ Abby
12:00pm						@ 11am	@ 11am
5:00pm							
5:30pm	EQ Fusion		EQ Fusion				
6:00pm	@ 5:30pm		@ 5:30pm				
6:30pm							
7:00pm		GT @ 7pm	Spin Cycle	GT @ 7pm			
7:30pm			@ 7:00pm (45 mins)				
8:00pm			Theme Ride				

New Buffalo:

Spin Cycle	Max of 10/Min of 2 - Pedals are Strap/SPD Compatible - 45-60 minutes
EQ Mat Pilates	Max of 10/ Min of 2 - Mats/Equip Provided - 45 minutes
EQ Barre	Max of 10/ Min of 2 - Mats/Equip Provided - 45 minutes
EQ Fusion	Max of 10/ Min of 2 - Mats/Equip Provided - 45-60 minutes

Three Oaks:

Group Training	Max of 10/Min of 2 Participants - Equip/Weights/Mats Provided - 30 minutes
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Cost	Members: \$10 per class or 12 classes for \$100 Non-Members: \$15 per class or 12 classes for \$150
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Dates/Details	Sept 17th-Dec 2018 - Low-Impact Classes Begin Oct. 1st!
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Towels are Provided & Available for Purchase
 We have a Water Cooler on Site, please bring your own bottle or purchase one at the Front Desk
Online Registration is Required, Walk-Ins will only be Accepted if Space is Available
You can Book or Cancel a Class Online up to One Hour before the Class Time
Classes will begin promptly and Require 1 hour Notice for Cancellation, otherwise they are Non-Refundable
Packages Never Expire, and can be Shared with other people (Including Non-Members and Kids 12+ yrs)
****Join our Rewards Program & Earn points for Gym & Class Attendance, \$ Spent, & Referring Friends!****