

Equilibrium Fitness - New Buffalo and Three Oaks, MI

December Class Schedule - 12/10/18-12/20/18

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

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

New Buffalo:	
Spin Cycle	Max of 10/Min of 2 - Pedals are Strap/SPD Compatible - 60 minutes
EQ Mat Pilates	
EQ Barre	Max of 8/Min of 2 - Mats/Equip Provided - 45-60 minutes
EQ Fusion	*No Low-Impact Classes - 12/21-12/31*
Three Oaks:	
Group Training	Max of 10/Min of 2 Participants - Equip/Weights/Mats Provided - 45-60 minutes
Cost	Members: \$10 per class or 12 classes for \$100 Non-Members: \$15 per class or 12 classes for \$150
Dates/Details	Towels are Provided & Available for Purchase We have a Water Cooler/Fountain 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!**

Boxing Clinic Sunday 12/16/2018 10am & 11am Three Oaks
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Times (EDT)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	Closed 12/24	Closed 12/25					
7:00am				GT @ 7am			
7:30am							
8:00am						GT @ 8am	GT @ 8am
8:30am	N	N					
9:00am	O	O	GT @ 9am	GT @ 9am	GT @ 9am		
9:30am						Spin Cycle w/ Nicole @ 9:30am	
10:00am	C	C					
10:30am	L	L					
11:00am	A	A					
12:00pm	S	S					
5:30pm	S	S					
6:00pm	E	E	GT @ 6pm	GT @ 6pm			
6:30pm	S	S					
7:00pm			GT @ 7pm	GT @ 7pm			
7:30pm							
8:00pm							

New Buffalo:

Spin Cycle	Max of 10/Min of 2 - Pedals are Strap/SPD Compatible - 60 minutes	
EQ Mat Pilates		
EQ Barre	Max of 8/Min of 2 - Mats/Equip Provided - 45-60 minutes	*No Low-Impact Classes - 12/21-12/31*
EQ Fusion		

Special Class
Schedule for
12/31 & 1/1/19
Check Online
Registration Site

Three Oaks:

Group Training	Max of 10/Min of 2 Participants - Equip/Weights/Mats Provided - 45-60 minutes
Cost	Members: \$10 per class or 12 classes for \$100 Non-Members: \$15 per class or 12 classes for \$150
Dates/Details	<p>Towels are Provided & Available for Purchase</p> <p>We have a Water Cooler/Fountain on Site, please bring your own bottle or purchase one at the Front Desk</p> <p>Online Registration is Required, Walk-Ins will only be Accepted if Space is Available</p> <p>You can Book or Cancel a Class Online up to One Hour before the Class Time</p> <p>Classes will begin promptly and Require 1 hour Notice for Cancellation, otherwise they are Non-Refundable</p> <p>Packages Never Expire, and can be Shared with other people (Including Non-Members and Kids 12+ yrs)</p> <p>**Join our Rewards Program & Earn points for Gym & Class Attendance, \$ Spent, & Referring Friends!**</p>