

















September 2022

CLASS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30 a.m.						 BUILD	
NOON	 BUILD	 BURN	 BREATHE		 BUILD		
5:30 p.m.	 BUILD	 BURN	 BUILD	 BURN	 BREATHE		
7:00 p.m.	 BURN	 BUILD	 BREATHE	 BUILD			



Exclusively at Community Corners (903 Hanshaw Rd.)
Build, Burn, and Breathe at IGNITE!



BUILD

Designed and taught by our highly educated personal trainers, strengthen and sculpt through functional High Intensity Interval Training (HIIT)



BURN

Not your average cycling classes! Get a full body workout that burns calories and boost endorphins in a pumped-up, dance club style environment



BREATHE

Designed by physical therapists and expert yoga instructors, improve mobility, strengthen your core, and offer ultimate relaxation for body and mind