

i'm FIT CLASS SCHEDULE

1 Week
Free Trial
Membership!

Contact Noel at
616.847.1280 x24

NEW schedule begins March 6th!

ADULT CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00AM	EXCEL	EXCEL	EXCEL	EXCEL	EXCEL	
7:00AM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	
8:00AM						
9:00AM	EXCEL	LIFT	EXCEL	LIFT	EXCEL	EXCEL
10:00AM	RENEW	RENEW	RENEW	RENEW	RENEW	
11:00AM	MOVE	MOVE	MOVE	MOVE	MOVE	
12:00PM	LIFT	EXCEL	LIFT	EXCEL		
1:00PM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM		
2:00PM						
6:00PM	LIFT		LIFT			
6:30PM		EXCEL		EXCEL		

EXCEL

45 minute class / Moderate-High Intensity

This is our most popular class. It's a moderate to high intensity class that will challenge you to be in your best shape. Using simple equipment and your body weight, you will blend strength and cardio exercise for a fun, high energy workout that will transform your body.

LIFT

45 minute class / Moderate-High Intensity

LIFT helps you gain strength and power by utilizing traditional weight training techniques with a custom program based on individual experience and ability. If you are looking to build lean muscle mass under close guidance, this class is for you.

MOVE

45 minute class / Low-Moderate Intensity

This class is a low to moderate intensity total body workout. You will gain the strength, balance, flexibility, and endurance to feel great in your body.

RENEW

45 minute class / Low Intensity

Are you looking for a gentle way to get back into exercise? Do you want to feel more flexible? This low intensity class will do just that! RENEW is low-impact and designed to give you the flexibility where you need it most.

OPEN GYM

Mon-Fri 7-9am and Mon-Thurs 1-3pm

Open Gym is a time designated to make up a missed class or get additional exercise in. Use this time to run, walk, lift, or stretch on your own schedule.

**This is an unsupervised time. It is expected participants utilize equipment in a responsible and appropriate manner.*

i'm FIT Membership Information

i'move FIT is an affordable alternative to the run-of-the-mill, expensive health clubs. We offer a unique, personal setting with one-on-one attention and a friendly, welcoming environment.

i'move FIT offers:

- Four unique adult fitness classes scheduled 27 times throughout the week
- Full-body workout classes that vary in intensity
- Small class sizes
- Experienced, certified trainers
- All memberships include unlimited access. Participate in as many classes as many times per week as you want

MEMBERSHIP PRICING

Free Trial - 1 Week Membership

unlimited visits for 1 week
per month / unlimited visits

No Contract Membership

\$104.00

Contract Membership

3-month Membership - Save 5%

\$99.00

per month (with 3 Month Commitment)

6-month Membership - Save 10%

\$94.00

per month (with 6 Month Commitment)

12-month Membership - Save 15%

\$89.00

per month (with 12 Month Commitment)

Young Professional

Individuals aged 21-27 qualify for a reduced cost.

\$63.99

per month (minimum 3 Month Commitment)

Hero Discount - 50% off

For Police, Firefighters, EMS, active Military, and Veterans. (Must show Professional ID)

\$52.00

per month (minimum 3 Month Commitment)

Family Discount

You'll get additional savings for each family member that joins with you. Second family member receives 25% off, third receives 50% off. Unlimited family memberships are available for as little as \$250/month.

Contact Us

per month (minimum 3 Month Commitment)

No
Enrollment
Fees!

Contact Noel at **616.847.1280 x24** to learn more about our special discounts.