



SMALL GROUP FUNCTIONAL FITNESS TRAINING
SPEED. POWER. STRENGTH.

Weightlifting & cardio exercises that train your muscles to work together and prepare them for daily tasks by simulating common movements, while also emphasizing core stability

PRICING INFO:

Members: \$12/ssn Nonmembers: \$15/ssn
ALL. YOU. CAN .ROGUE for \$100/mth Members

PUNCHCARD OPTION:

5 for \$50/m \$60/nm 10 for \$100/m \$120/nm

CLASS TIMES:

M, Tu, W, F	4:45a & 5:45a	M,W	5p & 6p
Th	4:45a	T	6p & 7:30p
Saturdays	7:30 am	Th	7:30p

Rogue Classes have a 4-6 person limit
Classes are reservation ONLY!
24 hour cancellation policy strictly enforced