



HIIT
High Intensity
Interval Training



Double Play Class Schedule

Monday

H.I.I.T.

9:15-10:00AM
Dan

ZUMBA

10:30-11:30AM
Jess \$3/\$5

ZUMBA

4:15pm-4:45pm
Caree \$1/\$2

H.I.I.T.

4:45-5:30PM
Dan

YOGA

6:00-7:00PM
Sandy \$5/\$10

Tuesday

**OPEN
FITNESS
TRAINING**

6:00-6:45AM
Dan

TRX

8:00-8:45AM
Dan

H.I.I.T.

9:15-10:00AM
Dan

ZUMBA

4:15pm-5:15pm
Liz \$3/\$5

**MMA
TRAINING**

5:30-6:30PM
\$5/\$10 Roger

Z-FIT

7:00-8:00PM
MaryAnn \$3/\$5

Wednesday

H.I.I.T.

9:15-10:00AM
Dan

H.I.I.T.

4:45-5:30PM
Dan

H.I.I.T.

5:45-6:30PM
Dan

Drums Alive

7:00-8:00PM
MaryAnn \$3/\$5

Thursday

**OPEN
FITNESS
TRAINING**

6:00-6:45AM
Dan

TRX

8:00-8:45AM
Dan

H.I.I.T.

9:15-10:00AM
Dan

YOGA

4:00-5:00PM
Jackie \$5/\$10

**CARDIO
BOXING**

5:30-6:30PM
\$5/\$10 Roger

**MMA
TRAINING**

7:00-8:00PM
\$5/\$10 Roger

Friday

H.I.I.T.

8:00-8:45AM
Dan

H.I.I.T.

9:15-10:00
Dan

**MMA
TRAINING**

5:30-6:30PM
\$5/\$10
Roger

**MMA
TRAINING**

7:00-8:00PM
\$5/\$10 Roger

Saturday

YOGA

8:30-10:00AM
Sandy \$5/\$10

ZUMBA

10:15-11:00AM
Caree \$2/\$3

Drop-In

Pricing:
Members:
\$10.00

Non-Members:
\$15.00

Community Center
5439 Shady Ave
Lowville, NY

H.I.I.T./TRX

20 sessions
for \$150.00
10 sessions
for \$85.00

376-7001

www.doubleplaycc.com

**DECIDE
TO
CHANGE**

**Fitness Center
7394 Utica Blvd.
Lowville, NY**