

BOOST

YOUR FIT GOALS

V CYCLE

Expect 45 minutes of non stop drills on our state-of-the-art stationary bikes combined with club lighting and speakers playing all your favorite jams.

BOOST RUN

Interval training on a treadmill for runners and non-runners alike! By varying speed, incline, and time this cardio workout caters to individual fitness levels.

PILATES FUSION

Tone and strengthen your body with a low-impact, high-energy mat-based workout. Enhance core strength, flexibility, and endurance using bands, dumbbells, and Pilates rings.

BARRE NONE

This fun, energetic, bar-less barre workout fuses techniques from Dance, Pilates, and Yoga that will tone, define and chisel the whole body.

GO ROW

Circuit style workout incorporating rowers, dumbbells, kettlebells and bodyweight movements for a 45 minute full body burn.

MOBILITY

This class utilizes vibrating foam rollers, lacrosse balls and more, to help release tension and improve mobility for ultimate muscle recovery.

CYCLE CORE

Expect a combination of fun, challenging cycle drills to your favorite songs combined with core-sculpting exercises off the bike for the total body workout! Get ready to sweat!

CANDLELIGHT YOGA

A candlelit, relaxing flow to help you unwind and let go of the day.

BOOST CLASS SCHEDULE

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MONDAY

5:45-6:30 AM

Barre None

12:00-12:45 PM

Boost Run

5:30-6:15 PM

Go Row

6:30-7:15 PM

Pilates Fusion

TUESDAY

12:00-12:45 PM

V Cycle

7:15-8:00 PM

Candlelight Yoga

WEDNESDAY

5:30-6:15 PM

Cycle Core

THURSDAY

6:30-7:15 AM

Go Row

12:00-12:45 PM

Boost Run

6:30-7:15 PM

V Cycle

SATURDAY

9:00-9:45 AM

V Cycle

SUNDAY

4:00-4:45 PM

Mobility

JOIN TODAY!

\$40 A MONTH | DROP-INS AVAILABLE
FOR ALL CLASS ACCESS - EXCLUSIVE PERKS!

EMAIL: GROUPFITNESS@THEVILLAGEDALLAS.COM

