














Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 AM							
9:45 AM							
5:30 PM							
6:30 PM							

our classes in Harbor Town*

8:00 AM							
6:30 PM							

* Separate Punch Card Required

More about YOUR classes



Redefine your self with Group Centergy®. Grow longer and stronger as you explore this 60 minute journey of yoga and Pilates movements. Positive uplifting music, group dynamics and supportive instructors will enable you to center your energy, reduce stress and even smile. Discover Group Centergy!



Group Power® is your hour of power! This 60 minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. With simple, athletic movements such as squats, lunges, presses and curls, Group Power is for all ages and fitness levels. Discover results, discover Group Power!

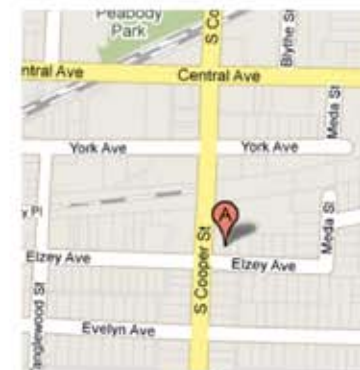


Discover new heights with Group Step®! Utilizing the step in many positions and heights, this compelling 60 minute cardio program strengthens and shapes the lower body one step at a time. Energetic music and motivating instructors create this spunky group experience. Step this way with Group Step.



Group Kick® brings it on! This electric 60 minute fusion class of martial arts and boxing movements will kick your cardio fitness to the next level while defining and shaping your body and self confidence! Energetic music, awesome instructors and a group environment will keep you punching, kicking and smiling! Group Kick will knock you out!

Our Location



We are located at 794 S Cooper in Midtown Memphis. The group fitness entrance is in the rear of the building on Elzey Ave. Parking is available on the side of the building as well as in the street or across the street behind Stash.