

100 N Mechanic Street

Berrien Springs, MI 49103

Joyce Tatarchuk

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At Life RX we are more than just a gym, we are a community. Here your coaches know your name and your workout buddies in class become your friends. We enjoy working out together, supporting each other, doing social events together, and joining together to support our local community. At our gym you will always have someone to help keep you accountable to your fitness goals.

At Life RX Fitness, we offer several classes for students to pick from. They are as follows:

**CrossFit**

Life RX CrossFit is a fitness program that uses constantly varied, functional movements performed at high intensity to improve one’s fitness level. We define fitness as increased work capacity across broad time and modal domains. Essentially, we prepare for the unknown and unknowable. We want to be ready for any task at any time and be able to perform it to the best of our ability.

Before attending a regular scheduled CrossFit class, each new student is expected to complete our OnRamp program. A three day course beginning every Tuesdays at 8:00 PM.

**Yoga**

Life RX Yoga will help you regain proper balance, flexibility, posture, and core strength.

**Zumba**

Life RX Zumba is a fun way to enjoy dancing while working hard and getting fit.

**Membership Options for Students**

1) 2 classes per week; four month commitment

* Choose two classes per week from any class currently offered on schedule

2) Full membership; four month commitment

* Please inquire through Sharon Haynes/Joyce Tatarchuk

**Schedule**

Students are allowed to choose any CrossFit, Yoga or Zumba class shown on our schedule.

**SUNDAY**

10am ............ ON-RAMP #3

11am .............. COMMUNITY WORKOUT

12pm ............. OPEN GYM

1pm ..............  ZUMBA

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**MONDAY-THURSDAY**
6am .............. CROSSFIT

9-11am ....... OPEN GYM

4pm .............. CROSSFIT
5pm .............. CROSSFIT

6pm .............. CROSSFIT

6pm..............  CF GYMNASTICS (Wed)

6:10pm ........YOGA (T)

7pm .............. ZUMBA (T, TH)
7pm .............. CROSSFIT
8pm .............. CROSSFIT (M, W)

8pm .............. OPEN GYM/ON-RAMP #1, #2 (T, TH)

8pm .............. YOGA (TH)

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**FRIDAY**

6am .............. CROSSFIT

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2pm .............. CROSSFIT

3pm .............. CROSSFIT

**SATURDAY**

8am .............. FREE COMMUNITY RUN (All levels welcome)​

*Schedule is subject to change.*