

100 N Mechanic Street

Berrien Springs, MI 49103

Cindy Knaff

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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 (ages 14+)**

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 two-day course beginning every Tuesdays at 8:00 PM.

**Zumba (ages 14+)**

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

**Kickboxing (ages 14+)**

Kickboxing is a standup contact sport practiced for self-defense and general fitness.

**Yoga (ages 14+)**

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

**Membership Options for Students**

1) 2 classes per week; four month commitment

* Choose two classes per week from any class offered on schedule (except Aikido)

2) Full membership; four month commitment

* Choose any number of classes per week from any class offered (except Aikido)
* Please inquire through Cindy Knaff at Life RX

**Schedule**

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

**SUNDAY**

11am .............. FREE COMMUNITY WORKOUT

12pm ............. ZUMBA/OPEN GYM

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

7am……… CROSSFIT (M/W/F)

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

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

6pm .............. KICKBOXING (M/W)

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

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

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**FRIDAY**

6am .............. CROSSFIT

7:00 ............. CROSSFIT

9-11…......... OPEN GYM

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2:00 ............. YOGA

3pm .............. CROSSFIT

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

**SATURDAY**

8am .............. FREE COMMUNITY RUN

*Schedule is subject to change.*