

CLASS SCHEDULE

updated 8/1/19



For More Details or Enrollment
Contact Member Services

TRAIN

Empowers your strength, power, endurance in a circuit environment. This carefully crafted combination of boxing bag structured blocks mixed with resistance, suspension training, rowing and biking pushes you to your limits. The workout changes weekly, providing you with new challenges and goals.

BOXING BAG

Series offers a boot camp style experience that works the body while cleansing the mind and soul of stress and tension. All classes include non-stop cardio fitness, musical excitement, core work, and full-body exercises. This is not an old-school boxing class; it's about challenging yourself while executing with style!

MONDAY

9:30am - 10:30am

Boxing Bag

5:30pm - 6:30pm

Boxing Bag

TUESDAY

9:30pm - 10:30am

Train

5:30pm - 6:30pm

Train

WEDNESDAY

9:30am - 10:30am

Boxing Bag

5:30pm - 6:30pm

Boxing Bag

THURSDAY

9:30am - 10:30am

Train

5:30pm - 6:30pm

Train

FRIDAY

9:30am - 10:30am

Boxing Bag

SATURDAY

9:30am - 10:30am

Boxing Bag



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www.UniversalAthleticClub.com

