

AKA GYM CONDITIONING SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30pm - 6:30pm	TRX Circuit Training (Joe Escobar)	TRX BOOT CAMP (Joe Escobar)	TRX Circuit Training (Joe Escobar)	TRX BOOT CAMP (Joe Escobar)			
6:30pm - 7:45pm			KICKBOX CIRCUIT BLAST (Stephanie Serna)				
7:30pm - 8:45pm							

PRE-PAID CONDITIONING OPTIONS				TRX Suspension Training focuses on total body strength training & conditioning. It is a new training system for athletes of all abilities that leverages one's own bodyweight and gravity to develop strength, balance, flexibility and joint stability simultaneously.
DROP IN	5 CLASSES	10 CLASSES	15 CLASSES	
\$20	\$80 (\$16/CLASS)	\$130 (\$13/CLASS)	\$150 (\$10/CLASS)	

AKA Gym 7012 Realm Drive, San Jose, CA 95119 Phone (408) 225-9000 Website: www.akagym.com
Hours: Mon-Thurs 8am-10pm, Fri 8am-8pm, Sat 9am-1pm

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