



www.momentum.fit
 217 Serenoa Road
 Santa Rosa Beach, FL
 850-231-1322

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00		Express		Express		
6:30	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	
7:00						
7:30	CrossFit	Express	CrossFit	Express	CrossFit	
8:00		Resilience		Resilience		
8:30	CrossFit	CrossFit	Kickboxing	CrossFit	CrossFit	CrossFit
9:00						
9:30						Endur e
10:00	Legends			Legends		
10:30						
11:00 -5:30	Private & Semi-Private Coaching					
5:30		Express		Express	CrossFit	
6:00	CrossFit	Resilience	CF	CrossFit	Resilience	CF
6:30						
7:00			Open Gym			

Email info@momentum.fit to schedule private coaching sessions or wellness consultations

Last Updated: January 15, 2017



CrossFit: Just like life is constantly throwing you curveballs and keeping you on your toes, so is this class! Designed to help you live a better, more capable life, our 60-minute CrossFit classes are never boring and challenge you differently each and every day.

Endurance: In our Endurance class, you will engage in a combination of rowing, biking, and running. This 60-minute class will improve your cardiovascular capacity and increase your “staying power” whether tackling your first 10k, tenth triathlon, or anything in between.

Express: We get it - a hustler like yourself doesn’t have tons of free time to spend at the gym! This 30-minute conditioning blast focuses on bodyweight movements and will have you in and out in no time.

Kickboxing: Unleash your inner badass with this 60-minute heart-pumping, butt-kicking class. Kick, punch, and jab your way to a better, stronger you!

Legends: You are strong, independent, and capable. You are a legend. We want to help you keep it that way with this 60-minute class designed to maintain your strength and mobility through your wisdom years. For athletes 60+.

Open Gym: Do you need a little bit of time to yourself to work on new skills or squeeze in a workout? Come to Open Gym, where you will have access to our space and equipment. At least one coach will be there to ensure the safety of everyone at the gym.

Resilience: Improve your posture and range of motion with this 30-minute restorative class. Focus on boosting your mobility and strength using a combination of stretches and bodyweight exercises.