

# HammerFit's Motion Studio In-person and virtual class schedule

sign up for classes in advance online at: [www.hammerfit.com](http://www.hammerfit.com)

## **Mondays**

8:30am - Zumba with Abby - Studio&Virtual

5:30pm - Zumba with Angel - Studio&Virtual

## **Tuesdays**

8:30am - Barre with Ryen - Studio&Virtual

Noon - PushBack at Parkinson's with Kris\*

\* contact [abby@hammerfit.com](mailto:abby@hammerfit.com) for signup

5:30pm - Step & Strength with Makeey - Studio

## **Wednesdays**

7:00am - Barre with Ryen - VIRTUAL

8:30am - Zumba with Abby - Studio&Virtual

5:30pm - Zumba with Kyle - Motion Studio

**Single drop-in class: \$12**

**10 class pass: \$105**

**20 class pass: \$205**

**Unlimited classes: \$129/mo**

**follow us on facebook for  
special events and pop-up classes**

**MOTION STUDIO  
HAMMERFIT**

[www.hammerfit.com](http://www.hammerfit.com) or email

[abby@hammerfit.com](mailto:abby@hammerfit.com)

21 Essex Way in the Essex Experience

## **Thursdays**

8:30am - Barre with Ryen - Studio&Virtual

10:00am - Essentrics with Kris - Studio

Noon - PushBack at Parkinson's with Kris\*

\*contact [abby@hammerfit.com](mailto:abby@hammerfit.com) for signup

5:30pm - Zumba with Angel - Studio&Virtual

## **Fridays**

8:30am - Zumba with Abby - Studio&Virtual

Check Facebook for special evening classes

## **Saturdays**

8:30am - Barre with Ryen - Studio&Virtual

9:30am - Zumba with Angel - Studio&Virtual

## **Sundays**

8:30am- Step & Strength with Makeey-Studio

9:45am - Zumba with Dillon - Studio&Virtual



*Where the magic happens*