



THE BEST GROUP FITNESS OFFERING ON THE PLANET FOR ALL FITNESS LEVELS



ADULT RECESS IN SESSION WHO SAID WE HAD TO STOP PLAYING?

- Family focused group fitness - NOT A 'GYM'
- 100% GUARANTEED KID FUN! Childcare, kid workouts, camps, experiential learning
- Eat REAL FOOD at our Homestead Café - *Coming Soon!*
- 30 seconds off HWY-80 at the Penryn Road Exit inside the old CattleBaron's building

- 6 - 8 EVENT TIMES A DAY!
- A Focused Workout that is the same - All Day
- Every Day: A Different Focus, A NEW workout
- ALL DAYS include Core Work, laughter & sweat, at your own pace
- All Shapes & Sizes

- What to Bring: Your own highest and best effort - We coach you through the rest.
- Also Offered: Yoga & Core, Spin, Zumba, Barre, Sport Training & Outdoor Obstacle Course!
- Athletes liking mud, trails, endurance or wear a uniform - Welcome Home!

**HARVEST RIDGE COOPERATIVE CHARTER SCHOOL
SAVE 15% ON YOUR MONTHLY MEMBERSHIP
DISCOUNT CODE "love4hrccs"**

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