



Maple Road fitLAB Schedule January 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					8:30 AM fitLAB Marie	
9 AM fitLAB Chris		9 AM fitLAB Chris		9 AM fitLAB Chris	10:00 AM fitLAB Marie	9:30 AM fitLAB Rhonda
4:30 PM fitLAB Arisa		4:30 PM fitLAB Rhonda				
5:30 PM fitLAB Arisa	5:30 PM fitLAB Shannon	6 PM fitLAB Adrienne	5:30 PM fitLAB Melissa			

Register for classes on our Catalyst app

If this is your first class please arrive 10 minutes early.

Group Fitness Director: Ellen Coleman - ecoleman@catalystfitnessbuffalo.com



French Road fitLAB Schedule January 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00 AM fitLAB Alex		6:00 AM fitLAB Alex		8 AM fitLAB Olivia	
9 AM fitLAB Wendy		9:15 AM fitLAB Cristina		9 AM fitLAB Wendy		9 AM fitLAB Alex
	4:30 PM fitLAB Wendy					
5:30 PM fitLAB Taylor			5:30 PM fitLAB Andrea			

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FITLAB! TAKE IT UP A NOTCH

Step into the LAB and experience elite certified coaches that will push you, music that will motivate you, a workout that will challenge you and results that will amaze you.

Our high-energy, three-dimensional exercise programming is proven to increase cardiovascular fitness and build functional strength. Your results will speak for themselves: a more powerful physique, a more focused mind and a refreshed attitude toward fitness. Your body isn't the only thing changing in the LAB: this is transformation on every level.

The Space

We have outfitted fitLAB with the latest cutting edge fitness equipment our industry offers. FreeMotion Treadmills, Octane Airdyne bikes, Fitbench One, and TRX Suspension Trainers provide infinite ways to sweat so your workout will never get stale. Our coaches are trained to keep your body guessing, never resting. Step into the space, hook up to your heart rate monitor and connect with your tribe. Let your goals guide you and our coaches will handle the rest.

The Science

A FitLAB class can burn up to 1000 calories or more. How will you know? Each person is connected using real time tracking of heart rate. We then combine resistance training with cardio into three different phases, endurance, Strength and Performance to unlock your body's true potential.