

XRKADE

PLAY IT, LIVE IT, OWN IT...



MARCH 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1 4:00 Cyber Crazy 5:00 Virtual Abs 5:30 Xavix Xtreme 6:00 iDance Ch. 7:00 Full Throttle	2 5:00 iDance Challenge 6:00 Xrkade/Pump 7:00 Scavenger Hunt	3 5:00 Virtual Abs 5:30 Xavix Xtreme 6:00 Full Throttle 7:00 Adults ONLY!!	4 5:00 Full Throttle 6:00 Cyber Crazy 7:00 iDance Challenge	5 5:00 iDance Challenge 6:00 Full Throttle 7:00 Adults ONLY!!	6 11:00 Cyber Crazy 12:00 Family Fun 1:00 3 Kick Ch. 2:00 iDance Ch. 3:00 Full Throttle 4:00 Scavenger	
7 11:00 Family Fun 12:00 iDance Ch. 1:00 3 Kick Ch. 2:00 Full Throttle 3:00 Virtual Abs 3:30 Xavix Xtreme 4:00 Scavenger Hunt	8 4:00 Cyber Crazy 5:00 Virtual Abs 5:30 Xavix Xtreme 6:00 iDance Ch. 7:00 Full Throttle	9 5:00 iDance Challenge 6:00 Xrkade/Pump 7:00 Scavenger Hunt	10 5:00 Virtual Abs 5:30 Xavix Xtreme 6:00 Full Throttle 7:00 Adults ONLY!!	11 5:00 Full Throttle 6:00 Cyber Crazy 7:00 iDance Challenge	12 5:00 iDance Challenge 6:00 Full Throttle 7:00 Adults ONLY!!	13 11:00 Cyber Crazy 12:00 Family Fun 1:00 3 Kick Ch. 2:00 iDance Ch. 3:00 Full Throttle 4:00 Scavenger	
14 11:00 Family Fun 12:00 iDance Ch. 1:00 3 Kick Ch. 2:00 Full Throttle 3:00 Virtual Abs 3:30 Xavix Xtreme 4:00 Scavenger Hunt	15 4:00 Cyber Crazy 5:00 Virtual Abs 5:30 Xavix Xtreme 6:00 iDance Ch. 7:00 Full Throttle	16 5:00 iDance Challenge 6:00 Xrkade/Pump 7:00 Scavenger Hunt	17 5:00 Virtual Abs 5:30 Xavix Xtreme 6:00 Full Throttle 7:00 Adults ONLY!!	18 5:00 Full Throttle 6:00 Cyber Crazy 7:00 iDance Challenge	19 5:00 iDance Challenge 6:00 Full Throttle 7:00 Adults ONLY!!	20 11:00 Cyber Crazy 12:00 Family Fun 1:00 3 Kick Ch. 2:00 iDance Ch. 3:00 Full Throttle 4:00 Scavenger	
21 11:00 Family Fun 12:00 iDance Ch. 1:00 3 Kick Ch. 2:00 Full Throttle 3:00 Virtual Abs 3:30 Xavix Xtreme 4:00 Scavenger Hunt	22 4:00 Cyber Crazy 5:00 Virtual Abs 5:30 Xavix Xtreme 6:00 iDance Ch. 7:00 Full Throttle	23 5:00 iDance Challenge 6:00 Xrkade/Pump 7:00 Scavenger Hunt	24 5:00 Virtual Abs 5:30 Xavix Xtreme 6:00 Full Throttle 7:00 Adults ONLY!!	25 5:00 Full Throttle 6:00 Cyber Crazy 7:00 iDance Challenge	26 5:00 iDance Challenge 6:00 Full Throttle 7:00 Adults ONLY!!	27 11:00 Cyber Crazy 12:00 Family Fun 1:00 3 Kick Ch. 2:00 iDance Ch. 3:00 Full Throttle 4:00 Scavenger	
28 11:00 Family Fun 12:00 iDance Ch. 1:00 3 Kick Ch. 2:00 Full Throttle 3:00 Virtual Abs 3:30 Xavix Xtreme 4:00 Scavenger Hunt	29 4:00 Cyber Crazy 5:00 Virtual Abs 5:30 Xavix Xtreme 6:00 iDance Ch. 7:00 Full Throttle	30 5:00 iDance Challenge 6:00 Xrkade/Pump 7:00 Scavenger Hunt	31 5:00 Virtual Abs 5:30 Xavix Xtreme 6:00 Full Throttle 7:00 Adults ONLY!!	<p>MEMBERSHIP PRICING \$15 PER MONTH/SINGLE \$25 PER MONTH/COUPLE \$35 PER MONTH/FAMILY</p>			

What is the XRKade?

The Xrkade is an Interactive fitness room designed to get people off the couch and moving! Instead of regular video game consoles where the only thing you exercise is your thumb, In the Xrkade your body becomes the human joystick. Every piece of equipment was made so that YOU had to move your body to make them work. The harder you work the better your score will be.

Virtual Abs- A 30 minute Abs work-out using different exercises on our iDance and 3 Kick Machines.

Full Throttle- An intense work-out using all of our XRKade equipment, with different twists and challenges

iDance Challenge- Starting at your own pace gradually work up to harder levels on the iDance.

Scavenger Hunt- Once you and a partner complete a challenge answer a scavenger hunt question to earn extra points. The team with the most points wins!

3 Kick Challenge- Compete on a team of 2-4 people using the 3 kick. Finishing different challenges for points, the faster you work the better you do.

Adults only- A special time set aside where the adults can be alone in the XRKade and feel like kids themselves.

Family Fun- Moms, Dads and Kids, come play against other families!

Cyber Crazy- A time where all sections of the XRKade are in play, so you can enjoy a variety of different games and exercises.

Xavix Xtreme- 30 minute class using our interactive sports games including, bowling, baseball, boxing, running, and tennis.

XRKade/Pump- Meet in the study zone. Enjoy 30 minutes of Pump It Up or 30 minutes Free use of XRKade

THE FUN DOESN'T END THERE.....

We also offer Birthday Parties, Corporate Events, And Field Trips...In the XRKade

Contact Sarah Harrelson For More Information @ 364-1200 or sharrelson@amfamfit.com