

60day In-Club Workout Events

the
60daySM

- Personal Trainer-led workouts with your community
- Every Tuesday and Saturday
- Exclusive to 60day participants

Feb 9 – 11

Kickoff Weekend



Feb 12 + 16

Assessment Workout

Kick off your 60day knowing your current fitness level. We'll take you through a series of movements to assess your starting point, then reassess at the end of the program to see how far you've come.



Feb 19 + 23

How to Meal-Prep for Success

Learn the right foods to bring home from the grocery store, how to meal prep, and the best ways to assemble healthy meals to ensure you see success.



Feb 26 + March 2

EDG Cycle

EDG blends metrics and heart-rate training with motivational music for a fun and results-oriented cycle workout.



March 5 + 9

GTX Cut

Dive in to our signature small-group training classes with this intro to GTX Cut. Move beyond the basics with a trainer who motivates and teammates that push and inspire you in body-changing cardio conditioning and a total-body strength-training program.



March 12 + 16

Pilates Party

One of the original "functional fitness" programs, a mat Pilates class will show you the moves to develop a strong, sleek, flexible body.



March 19 + 23

How to do Cardio the Right Way

Cardio with heart-rate training makes your body burn fat more efficiently - which means your hard work will yield better results. Hop on the treadmill with us and learn the right way to do cardio.



March 26 + 30

ALPHA Strong

Try out the original ALPHA class – participate in Olympic lifting, strength training and athletic movement for results at the highest level.



April 2 + 6

Reassessment Workout

End your 60day program by completing the same workout from week 1, and see firsthand the progress you've made over the past 8 weeks.

 Tag photos, share stories and post your progress at #LT60Day. Follow @lifetime.weightloss for motivation and accountability.