



Voted
Best Weight Loss Center
in the High Desert!

FITNESS • WELLNESS • COMMUNITY



VOTED BEST WEIGHT LOSS CENTER IN THE HIGH DESERT!

FIT LAB FITNESS CENTER

Fitness Classes For Every Level

- Group Fitness Classes
- Senior Fitness
- Strength Training
- Yoga



HEALTHY WEIGHT CLUB

FREE 6-Week Wellness Program

- Personalized Health Goals
- Nutrition Education
- Accountability & Support



WELLNESS WAY CLASSES

FREE Community Wellness Education

- Healthy Aging
- Brain Health
- Nutrition & Healthy Living
- Weight Management



Katrina Lotts



WELLNESS WAY VIP CLUB

Continue Your Wellness Journey

- Monthly Challenges
- Accountability
- Resources & Tools
- Ongoing Support



READY TO GET STARTED?

Fit Lab Fitness Center - Join Anytime
Healthy Weight Club - Call to reserve your seat
Wellness Way Classes - Call to reserve your seat
Wellness Way VIP Club - Ask How to Join

Start Your Wellness Journey Today!

📞 760.205.3834

📍 13010 Hesperia Road, Suite 500, Victorville

🌐 FitLabFitnessCenter.com

SCAN TO LEARN MORE





FITNESS CENTER



Voted
Best Weight Loss Center
in the High Desert!

FITNESS SCHEDULE

GROUP FITNESS • SENIOR FITNESS • WELLNESS

MONDAY

7:30 AM

VIP Workout Express

8:30 AM

VIP RetroStrong

9:15 AM

VIP MuscleFIT

2:00 PM

VIP BodyBalance

3:00 PM - 6:30 PM

VIP Workout Express

TUESDAY

7:30 AM

VIP FIT Jam

8:30 AM

Senior ChairFIT

10:00 AM

Senior RetroFIT

11:00 AM

Senior ChairFIT

3:00 PM - 5:30 PM

VIP Workout Express

5:30 PM

VIP FIT Jam

6:15 PM

VIP MuscleFIT

WEDNESDAY

7:30 AM

VIP Workout Express

8:30 AM

VIP RetroStrong

9:15 AM

VIP MuscleFIT

12:15 PM

Yoga / Chair Yoga

THURSDAY

7:30 AM

VIP FIT Jam

8:30 AM

Senior ChairFIT

10:00 AM

Senior RetroFIT

11:00 AM

Senior ChairFIT

3:00 PM - 5:30 PM

VIP Workout Express

5:30 PM

VIP FIT Jam

6:15 PM

VIP MuscleFIT

FRIDAY

7:30 AM

VIP Workout Express

9:15 AM

VIP MuscleFIT

12:15 PM

Yoga / Chair Yoga

SATURDAY

7:45 AM

FIT Jam

8:30 AM

FIT Jam

9:15 AM

RetroJam



★ SKC VIP MEMBERS ★
**ATTEND ALL CLASSES
FREE!**

Call 760.205.3834 for membership information and program enrollment.

No reservation required - Just show up!

First-time participants should arrive 10 minutes early to register.

📞 **760.205.3834**

📍 **13010 Hesperia Road, Suite 500, Victorville**

🌐 **FitLabFitnessCenter.com**

Follow us!

