



Voted
Best Weight Loss Center
in the High Desert!



SCAN
to Learn More!

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 & Memory Health
- Nutrition & Healthy Living
- Weight Management



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 | FitLabFitnessCenter.com
13010 Hesperia Road, Suite 500, Victorville

WEEKLY FITNESS SCHEDULE

GROUP FITNESS • SENIOR FITNESS • WELLNESS

MONDAY

7:30 AM
VIP Workout Express

8:30 AM
VIP RetroStrong

9:15 AM
VIP MuscleFIT

1:00 PM
VIP HWC Workout

2:00 PM
VIP BodyBalance

2:30 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

11:00 AM
Brain Train Academy
19111 Town Center
Apple Valley

CLASS DESCRIPTIONS

BodyBalance

Stability & Balance

Fit Jam

High intensity for Seniors

Healthy Weight Class

Weight Lost Workout

MuscleFIT

Strength Training

RetroStrong (Senior)

Senior Strength Training

Senior ChairFIT

Seated Fitness

Senior RetroFIT

Low-Impact Cardio

Workout Express

Fast Full-Body Workout

Yoga/All Levels



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



READY TO GET MOVING?

No reservation required. Just show up!

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

Call 760.205.3834 for membership information.

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Follow us!

