

# HOURLAST DOWNTOWN

## YLC Introductory Month

First class FREE until July 15<sup>th</sup> to YLC Members only on the below day and times:

Monday & Wednesday at 7pm

Tuesday & Thursday at Noon

Tuesday & Thursday 4pm

\*Availability is first come first serve

\*Valid for new clients only

\*Valid for downtown location only, 1 per client

Redeem by emailing [hourblastdowntown@gmail.com](mailto:hourblastdowntown@gmail.com)

### WHAT IS HOURLAST?

Cardio (Treadmill) + Interval Strength Training (Floor Work)

### WHAT IS FLOOR WORK?

TRX, Free Weights, BOSU Ball, Body Weight, Med Balls, Steps, Weighted Bars, and more

### WHAT TYPE OF WORKOUT IS IT?

Fully Body Workout

### WHAT IF I'M NOT A RUNNER?

We offer walking, jogging, and running options

### HOW LONG IS A CLASS?

60 Minutes

### WHO IS HOURLAST FOR?

Everyone – All ages, all levels

### DO YOU HAVE SHOWERS?

Yes.

### HOW DO I SIGN UP?

Create an account at [hourblast.com](http://hourblast.com) under the Downtown tab.

Then sign up for classes online!

You can also sign up on Hour Blast Downtown or MINDBODY apps!



821 Baronne Street  
New Orleans, LA 70113

## YLC Discounted Packages

5 Class Package \$97 (regular price \$115)

10 Class Package \$191 (regular price \$225)

20 Class Package \$340 (regular price \$400)

\*Valid only for downtown location

\*Prices reflect discounted rates and are subject to change

Available in the gym with YLC QR Code or by email [hourblastdowntown@gmail.com](mailto:hourblastdowntown@gmail.com)

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