

Club 24 Cardio Cinema - May 2026

Blockbusters • Classics • Non-Stop Motivation

We rotate high-energy, drop-in-friendly movies every Mon/Wed/Fri. Jump in anytime, crush your cardio, and catch a recognizable favorite or fresh release all month long.

Date	Movie + Quick Hype
Fri, May 1	G.I. Joe: Retaliation (2013) - Big explosions, familiar faces, and nonstop franchise action.
Mon, May 4	Mission: Impossible - The Final Reckoning (2025) - Massive stunts and huge set pieces from one of action's biggest brands.
Wed, May 6	Balls Up (2026) - Fresh comedy energy with fast laughs and an easy, cardio-friendly vibe.
Fri, May 8	Catch Me If You Can (2002) - Stylish, clever, and packed with star power from start to finish.
Mon, May 11	The Truman Show (1998) - A familiar favorite with heart, humor, and an iconic movie concept.
Wed, May 13	Ford v Ferrari (2019) - Pure speed, rivalry, and racing scenes made for the cardio deck.
Fri, May 15	Raiders of the Lost Ark (1981) - Classic adventure at full speed with nonstop iconic moments.
Mon, May 18	Arrival (2016) - Smart sci-fi with gripping atmosphere and powerful visuals.
Wed, May 20	The Accountant 2 (2025) - Fresh sequel energy with hard-hitting action and sharp pacing.
Fri, May 22	Novocaine - A fresh thriller pick with momentum that keeps the workout moving.
Mon, May 25	Crime 101 (2026) - New-school crime thriller style with strong cast appeal and steady momentum.
Wed, May 27	Terminator: Dark Fate (2019) - Big franchise action and relentless pacing for a strong session.
Fri, May 29	The Conjuring: Last Rites (2025) - A dark, high-tension finish with constant suspense.

Real Gyms. Real Goals. Real Results.