

Club 24 Cardio Cinema - September 2026

Blockbusters • Classics • Non-Stop Motivation

Jump in anytime. Every Monday, Wednesday and Friday brings another high-energy movie to make cardio go faster.

DATE	MOVIE + QUICK HYPE
Wed, Sept 2	9 to 5 (1980) • DOLLY PARTON TRIBUTE Celebrate an icon with this hilarious workplace classic starring Dolly Parton, Jane Fonda and Lily Tomlin.
Fri, Sept 4	Good Fortune (2025) - A fresh comedy with Keanu Reeves, Seth Rogen and Aziz Ansari - a newer release to kick off the month.
Mon, Sept 7	Hercules (2014) - Dwayne Johnson leads a big, fast-moving action adventure packed with battles and larger-than-life energy.
Wed, Sept 9	Mean Girls (2004) - The endlessly quotable comedy favorite that is always easy to jump into and enjoy.
Fri, Sept 11	Mission: Impossible - Fallout (2018) - Tom Cruise delivers huge stunts, chases and nonstop action in one of the franchise's best.
Mon, Sept 14	Fighting with My Family (2019) - A funny, inspiring wrestling story with plenty of athletic energy and heart.
Wed, Sept 16	Blue Beetle (2023) - Colorful superhero action, big set pieces and a fun, easy-to-follow story.
Fri, Sept 18	Days of Thunder (1990) - Tom Cruise, high-speed racing and classic movie-star energy built for cardio.
Mon, Sept 21	Gravity (2013) - Sandra Bullock fights to survive in a visually stunning, edge-of-your-seat space thriller.
Wed, Sept 23	Interstellar (2014) - Christopher Nolan's epic space adventure delivers enormous visuals and unforgettable moments.
Fri, Sept 25	Transformers (2007) - Giant robots, massive action and blockbuster spectacle from start to finish.
Mon, Sept 28	10 Cloverfield Lane (2016) - A tense, unpredictable thriller that keeps the suspense high all the way through.
Wed, Sept 30	The Heartbreak Kid (2007) - Ben Stiller closes out the month with a wild, awkward and outrageous comedy.

Real Gyms. Real Goals. Real Results.

Schedule subject to change. See club or website for updates.