

Club 24 Cardio Cinema - July 2026

Blockbusters • Classics • Non-Stop Motivation

Fresh movies hit the Cardio Cinema every Monday, Wednesday, and Friday. Jump in anytime, lock into the screen, and turn your workout into movie-powered momentum.



Date	Movie + Quick Hype
Wed, Jul 1	Superman (2025) - A huge superhero blockbuster launch with big action, bright energy, and easy-to-follow momentum.
Fri, Jul 3	The SpongeBob Movie: Search for SquarePants (2025) - Fast, colorful, and packed with familiar undersea chaos for a fun holiday-weekend ride.
Mon, Jul 6	Plane (2023) - Gerard Butler survival action with immediate stakes, quick tension, and no wasted setup.
Wed, Jul 8	Ferris Bueller's Day Off (1986) - A timeless comedy favorite with breezy scenes, quotable moments, and feel-good energy.
Fri, Jul 10	Taken (2008) - Liam Neeson brings simple, relentless action that keeps the pace moving from start to finish.
Mon, Jul 13	The Notebook (2004) - A hugely recognizable romantic drama with star power, emotion, and classic movie-night appeal.
Wed, Jul 15	Clueless (1995) - A bright 90s comedy classic with fun style, quick laughs, and easy drop-in viewing.
Fri, Jul 17	The Big Short (2015) - A sharp, star-packed drama with quick cuts, humor, and a surprisingly energetic rhythm.
Mon, Jul 20	The Sheep Detectives (2026) - A fresh family mystery with a big voice cast, playful adventure, and light cardio-friendly fun.
Wed, Jul 22	Crimson Tide (1995) - Denzel Washington and Gene Hackman bring submarine pressure, sharp conflict, and steady thriller momentum.
Fri, Jul 24	Death Becomes Her (1992) - A wild comedy classic with huge stars, dark laughs, and unforgettable visual moments.
Mon, Jul 27	Jack Ryan: Ghost War (2026) - A fresh spy-action override with covert missions, big stakes, and strong workout momentum.
Wed, Jul 29	The Fighter (2010) - Boxing grit, training energy, and powerhouse performances make this a perfect midweek push.
Fri, Jul 31	One Battle After Another (2025) - A big newer DiCaprio title with suspense, action, and a strong finish-the-month charge.

Real Gyms. Real Goals. Real Results.

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