

GROUP FITNESS SCHEDULE

JANUARY – MARCH 2019

	5:15-6:00AM	9:00-9:45AM	12:30-12:45PM	3:45-4:30PM	5:00-5:45PM
Monday	Bootcamp	Strong & Beyond		Stretch & Strength	Let's Hit It!!
Tuesday	SHREDDED		<i>corporate</i>		POWER
Wednesday	Athletic Step	Strong & Beyond			
Thursday	Let's Hit It!			Stretch & Strength	CSI
Friday	TGIF	Gentle Yoga	<i>corporate</i>		
Super Saturdays - 1 st and 3 rd Saturday of the Month - 8 am					

****Group Fitness Schedule Subject to Change****

GROUP FITNESS DESCRIPTIONS

Athletic Step – Get ready to work hard in this high intensity workout. Includes choreographed step routines that include athletic movement patterns, guaranteed to make you sweat.

BootCamp - Need an extra push!! Designed to keep you on your toes, our goal in boot camp is to provide encouragement while pushing you past your comfort zone! Obtain an entire body workout designed to make you *“sweat like a pig, but look like a fox”* through cardio and strength exercises.

CSI – Cardio Strength Intervals- The title says it all! High intensity interval training to increase your heart rate so you can get into your peak state of igniting your metabolism!

Gentle Yoga – Floor based yoga is a non-strenuous flow to calm the mind, strengthen the body, and enhances your range of motion. Feeling Fresh and renewed.

Let's Hit It! – Come and join the fun in this kick boxing inspired interval class. This will combine heart pumping aerobic movements with punch, kicks, and knee strikes. What better way to release all those stresses!

POWER - Performance. Optimization. Willpower. Endurance. Resistance. This class is designed to test your abilities above your threshold and find your true GRIT!

SHREDDED- Get out of the weight room rut with this low impact strength training class designed to increase muscle mass and fuel that metabolic “flame.”

Stretch & Strength – Learn how dynamic stretching and core and glute strengthening can help improve real world bio-mechanics.

Strong & Beyond- Engage at every age! This program highlights the active older adult to engage in more physical activity, and help them live their best life!

TGIF – Instructors Choice!! You'll be surprised when you walk through the door! It could be any class format or something new that is trending within the fitness industry today.

