

## LARGE GROUP TRAINING

**PARTICIPANTS MUST SIGN UP 1 HOUR PRIOR TO SESSION TIMES, AS SPACE IS LIMITED.  
CLASSES ARE SUBJECT TO CHANGE.**

TIMES	MON	TUE	WED	THU	FRI	SAT
5:30AM - 6:15AM	<b>MUSCLE UP</b>	<b>TABATA</b>	<b>TRX INTERVAL TRAINING</b>	<b>C.O.R.E.</b>	<b>TRX INTERVAL TRAINING</b>	
9AM - 9:30AM	<b>POWERFIT 9AM - 9:50AM</b>	<b>LEGS &amp; CARDIO</b>	<b>TABATA 9:00AM - 9:50AM</b>	<b>UPPER BODY EXPRESS</b>	<b>H.I.I.T. 9AM - 9:50AM</b>	<b>GROUP TRAINING 9AM - 9:50AM</b>
9:30AM - 10:00AM		<b>CORE EXPRESS</b>		<b>CORE EXPRESS</b>		
10:00AM - 10:30AM		<b>FIT BALL 10:00AM - 10:50AM</b>	<b>C.O.R.E.</b>	<b>POWERFIT 10:00AM - 10:50AM</b>		
5:30PM - 6:20PM	<b>POWERFIT</b>	<b>BOOT CAMP</b>	<b>TRX INTERVAL TRAINING 5:30PM - 6:00PM TABATA 6:00PM - 6:30PM</b>	<b>CARDIO H.I.I.T. 5:30PM - 6:20PM</b>		

## DESCRIPTIONS

### TABATA

Short on time? Tabata is a high intensity interval training (H.I.I.T.) workout, featuring exercises which last four minutes. Come out and give it a try, all levels are welcome.

### C.O.R.E. / CORE EXPRESS

The CORE is the powerhouse of the body and we will ATTACK it from every angle in every way!

### LARGE GROUP TRAINING

Large group classes will challenge you in a fun atmosphere with the latest and most innovative programs in the fitness industry.

### MUSCLE UP

Come tone up the body! We work the body from head to toe using body bars, weights, ball, cords and many more items to work those muscles, tone and tighten the body! A class designed for everyone!

### POWERFIT (CARDIO KICKBOXING)

This non-stop challenge of a workout focuses on skills and combinations that professional boxers and kickboxers strive to perfect as well as the drills they use to improve overall physical endurance.

### LEGS & CARDIO

Looking for toned thighs and booty? This class will help you accomplish that with functional exercises through the use of your own body weight as well as a variety of equipment.

### UPPER BODY EXPRESS

Biceps, triceps, shoulder, chest & back! A jam-packed upper body workout in only 30 minutes!

### FITBALL

Dumbbells unite with the fitball (Stability ball) to make a dynamic and challenging full body strength-training class, open to all levels! Come out and have a ball!

### BOOTCAMP

This ALL levels fitness bootcamp is a type of group exercise class that mixes traditional calisthenic and body weight exercises with interval training and strength training. A sure crowd pleaser!

### Cardio HIIT

A high intensity workout designed to improve performance, build muscle and burn fat. Your heart will be pumping through this with some added cardio sections. This is an all levels class.

### TRX INTERVAL TRAINING

A total body workout engaging your core, improving your flexibility, and building lean muscle. This is an all levels class using the TRX, Ropes, Slam Balls, and other strength equipment for that added bonus!

## SMALL GROUP TRAINING

**PARTICIPANTS MUST SIGN UP 1 HOUR PRIOR TO SESSION TIMES, AS SPACE IS LIMITED.  
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ALL SMALL GROUP WORKOUTS CONSISTS OF 2-6 MEMBERS

TIMES	MON	TUE	WED	THU	FRI	SAT
8AM - 8:50AM	UPPER BODY		TOTAL BODY	UPPER BODY	LOWER BODY	TOTAL BODY
9AM - 9:50AM	UPPER BODY	LOWER BODY	TOTAL BODY	UPPER BODY	LOWER BODY	
10AM - 10:50AM	UPPER BODY					
4PM - 4:50PM		LOWER BODY		UPPER BODY		
5:30PM - 6:20PM						
6PM - 6:50PM	UPPER BODY					
6:30PM - 7:20PM				UPPER BODY		

## DESCRIPTIONS

### SMALL GROUP TRAINING

Receive the benefits of individualized training in a group atmosphere. The daily workout is based on the most recent training principles which includes fat burning, strength building, core training & flexibility. Each session will hold a maximum of 4 people and will be delivered by a certified personal trainer who is qualified to modify the exercises while providing constant guidance.

### POWER BARRE

The barre workout is a series of movements that strengthen the entire body and ensures that no muscles are overlooked. With a combination of functional strength, dance, Pilates and yoga using body weight as a resistant to focus on alignment and optimal posture while enhancing body awareness coordination balance and overall strength. Ballet barre inspired workout are great for lengthening and toning the lower body as well as the core.