

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	TABATA	MUSCLE UP	TRX TRAINING	C.O.R.E.	TRX TRAINING	
9AM - 9:30AM	POWERFIT 9AM - 9:50AM	LOWER BODY EXPRESS	TABATA 9:00AM - 9:50AM	UPPER BODY EXPRESS	H.I.I.T. 9AM - 9:50AM	GROUP TRAINING 9AM - 9:50AM
9:30AM - 10:00AM		CORE EXPRESS		CORE EXPRESS		
10:00AM - 10:30AM		THE FIRM 10:00AM - 10:50AM	TRX TRAINING	POWERFIT 10:00AM - 10:50AM	SPORT STEP	
10:30AM - 11:00AM					C.O.R.E.	
5:30PM - 6:00PM	TABATA	H.I.I.T.	TRX TRAINING	H.I.I.T.		
6:00PM - 6:30PM	POWERFIT 6:00PM - 6:50PM	CORE, BALANCE & STABILITY	TABATA	CORE, BALANCE & STABILITY		

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!

H.I.I.T.

A high intensity workout designed to improve performance, build muscle and burn fat.

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.

TRX TRAINING

A total body workout engaging your core, improving your flexibility, and building lean muscle.

LOWER BODY EXPRESS

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!

CORE, BALANCE AND STABILITY

A great class focusing on balance and stability, with our core engaged at all times.

SPORT STEP

A step class for all levels without the dancing feet. A fantastic way to get your cardio in with a sport twist on basic step moves! Come out and give it a try, and you will be back for more!

THE FIRM

Strengthen that body with this sculpting class! Lets burn those calories with weights, bands, cords, balls and bosu's along with getting that heart rate up! All levels welcome!

SMALL GROUP TRAINING

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ALL SMALL GROUP WORKOUTS CONSISTS OF 2-5 MEMBERS

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