

GROUP FITNESS SCHEDULE



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
X FIT 6:00a - 7:00a Mike	Boxing 6:15a - 7:00a Elijah	X FIT 6:00a - 7:00a Mike	Boxing 6:15a - 7:00a Elijah	Power Hour 6:00a - 7:00a Elijah	
NEW Sunrise Yoga 6:15a - 7:00a Nicole *starts Jan 13 th	X FIT 8:45a - 9:45a Mike		X FIT 8:45a - 9:45a Mike		Power Hour 9:00a - 10:00a Mike/Elijah
Cycle Express 11:30p - 12:00p Christine	Boot Camp Exp 11:30a - 12:00p Elijah	Cycle Express 11:30p - 12:00p Christine	Boot Camp Exp 11:30a - 12:00p Karen	Boot Camp Exp 11:30a - 12:00p Elijah	
NEW Body Tune Up 12:05p - 12:35p Christine	Power Yoga Flow* 11:40a - 12:25p Nicole	Power ½ Hour 12:05p - 12:35p Brett	Power Yoga Flow* 11:40a - 12:25p Ashley	Boxing 12:10p - 12:40p Elijah	
Boxing 12:10p - 12:40p Elijah	Cycling* 12:30p - 1:15p Karen	NEW Body Tune Up 12:40p - 1:10p Brett	Cycling* 12:30p - 1:15p Karen	NEW Run Camp** 12:15p - 12:45p Karen	
Boot Camp Exp 12:45 - 1:15p Elijah		Vinyasa Yoga * 12:45p - 1:45p Debra		Vinyasa Yoga * 12:45p - 1:45p Debra	
Vinyasa Yoga* 12:45p - 1:45p Debra	X FIT 5:30p - 6:15p Karen		Kick Core & More 5:30p - 6:15p Alexander		
NEW Triple Threat 5:30p - 6:30p Elijah	NEW Hard Core 6:15p - 6:30p Karen	Power Hour 5:30p - 6:30p Ashley	Cycling 5:30p - 6:15p Jenna		

*New Time
Class Location Key:
Group Fitness
Studio
** Lobby
Schedule Effective:
Jan 6- March 31

CLASS GUIDELINES

- Depending on the class type, space may be limited.
- Should you need to leave the classroom, please tell the instructor by raising your hand or making eye contact — this will let the instructor know that you're feeling fine. If you're not feeling well, please sit down to alert the instructor; this will also put you in the best position for recovery.
- Be considerate of other members' exercise space.
- Classes and instructors are subject to change without notice.
- Help us keep the exercise space tidy: please return all equipment to its proper storage area.
- Please feel free to approach instructors if you have any questions or if it's your first time in class. If you're pregnant or have other medical issues that may affect your workout, please inform the instructor before the class begins.
- Taking pictures is prohibited.
- Please dress in appropriate workout attire.
- Personal fragrances should be kept to a minimum.



KINETIC™



CLASS DESCRIPTIONS

Schedule Effective January 6, 2020

CARDIO

Cycling Join us for an exciting and motivational workout that combines jumps, intervals, hills, and sprints to promote aerobic fitness.

Cycle Express All levels indoor cycling class in an express format to get you in, make you sweat, and get you on your way!

Boxing Train like a boxer and punch up your fitness level with various boxing drills using gloves, mitts, a punching bag, and jump ropes.

Run Camp* Steady state running, hill sprints and drills meet boot camp in this high intensity workout. Workout will be outdoors weather permitting. ALL fitness levels are welcome and encouraged to join!

COMBINED CONDITIONING

Boot Camp Express This 30-minute athletic skills and drills class combines cardio, muscle conditioning and plyometric moves. May include bars, sand bells, kettlebells and other small fitness equipment.

Kick Core & More A high energy kickboxing and full body workout & More!

Power ½ Hour* A high energy rotation of strength training, cardio and body weight exercises that will strengthen and define your muscles and keep your heart rate elevated for max calorie burn.

Power Hour Energize your day with a total-body cardio and strength workout including aerobics, weight training, plyometrics, balance, and coordination exercises. This class will be interval-styled to keep your heart rate up and both upper and lower body muscles working the entire time.

Triple Threat* Kickboxing meets boot camp in this three-part workout that includes body sculpting, aerobic training, and kickboxing drills.

X FIT A high-intensity workout that changes on a regular basis. This class is a mix of movements that will benefit any individual, regardless of previous fitness experience.

MIND/BODY/FLEXIBILITY

Body Tune Up* This class integrates dynamic stretching for major muscle groups with core exercises to improve mobility and stability.

Power Flow Yoga Intermediate/Advanced level class that incorporates traditional and non-traditional poses for strength, flexibility and stress management

Sunrise Yoga* An all-levels class providing a good stretch in the morning and more energy for the day. This class includes body alignment, breathing, and relaxation. *(Starting January 13th)*

Vinyasa Yoga A yoga experience focusing on sequential movement and postures to form a continuous flow.

MUSCLE CONDITIONING

Hard Core* Packed with plenty of moves to strengthen your abs, back, and trunk.

**New Classes!*

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