



# Group Fitness Schedule May 2021

## MON TUE WED THUR FRI SAT

**X FIT**  
6:15a-7:15a  
Brett

**HIIT**  
6:15a-7:00a  
Elijah

**X FIT**  
6:15a-7:15a  
Brett

**HIIT**  
6:15a-7:00a  
Elijah

**X FIT**  
6:15a-7:15a  
Brett

**Power Hour**  
8:30a-9:30a  
Rotating Instructors

**HIIT**  
8:30a-9:15a  
Sarah

**Row & Ride**  
8:30a-9:30a  
Kimball

**HIIT**  
8:30a-9:15a  
Sarah

**Morning Grind**  
7:30-8:00a  
Brett  
[Register here](#)

**Boot Camp**  
11:30a-12:15p  
Elijah

RESERVATIONS ARE REQUIRED FOR ALL CLASSES

**Power Cycle**  
11:30a-12:15p  
Sareena

**Boot Camp**  
11:30a-12:15p  
Elijah

**Power Cycle**  
12:30-1:15p  
Kimball

**Pump and Pedal**  
8:30-9:30a  
Kimball

**Power Flow Yoga**  
12:00-12:45p  
Nicole

Please visit [flex.plusone.com](http://flex.plusone.com) to schedule your reservation.

**Pure Strength**  
12:20-1:05p  
Sareena

**Power Flow Yoga**  
11:30a-12:15p  
Nicole

**Boot Camp**  
12:20-1:05p  
Brett

**HIIT**  
11:30a-12:15p  
Sarah

**Power Cycle**  
12:30-1:15p  
Kimball

**Pilates Fusion**  
12:30-1:15p  
Sarah

**Power Cycle**  
12:30-1:15p  
Kimball

**Pilates Fusion**  
12:30-1:15p  
Sarah

**Boot Camp**  
12:30-1:15p  
Sarah

Summer Blast **NEW!**

Studio

Commons

LIVE STREAM

**Boot Camp**  
12:30-1:00p  
Elijah  
[Register here](#)

**X FIT**  
12:00-12:30p  
Sarah  
[Register here](#)

**Upper Body Blast**  
5:30p-6:30p  
Sarah

**Pump and Pedal**  
5:30p-6:30p  
Kimball

**Lower Body Blast**  
5:30p-6:30p  
Sareena

**Total Body Blast**  
5:30p-6:30p  
Sareena

### Fitness Center Hours

Monday-Friday **6:00a-7:00p**

Saturday **8:30a-1:30p**

# Class Descriptions

## COMBINED CONDITIONING

**Boot Camp** An athletic skills and drills class that combines cardio, muscle conditioning and plyometric moves. May include the use of weights, bars, balls, kettlebells, and other small fitness equipment.

**HIIT** (High Intensity Interval Training) □Class includes short, high-intensity intervals combined with active recovery designed to train the body for improved performance and calorie burning.

**Power Hour** A 60-minute class utilizing various cardio and strength training routines.

**X FIT** This high-intensity workout is a mix of cardiovascular and muscular drills and movements.

**Pump and Pedal** Fusion of high intensity cycling with weight lifting. Classes are constantly varied and use barbells, kettlebells, and a variety of strength equipment intermittent with indoor cycling.

## CARDIO

**Cycle** A 45-minute cycling class that combines jumps, intervals, hills, and sprints. □

**Power Cycle** Improve your speed, strength, □stamina, and overall health with this fun and challenging cardiovascular workout.

**Row and Ride** A hybrid class featuring a combination of rowing and cycling intervals. Achieve the benefits of a structured cardio workout utilizing personalized performance metrics.

## Group 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.
- 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.
- **MASKS ARE REQUIRED** when participants cannot maintain six feet apart.

## MUSCLE CONDITIONING

**Pure Strength** The ultimate total-body conditioning routine utilizing various equipment to sculpt and strengthen your muscles.

**Lower Body Blast** This high-intensity strength workout places an emphasis on lower body toning. Squat, lunge and lift your way to strong, defined legs and glutes.

**Total Body Blast** This class hits all of the major muscles of the body utilizing a fun and challenging circuit and incorporates both traditional and functional training exercises. Class is open to all fitness levels.

**Upper Body Blast** This 60-minute class involves a variety of exercises for the upper body. It will provide a different challenge every 3 weeks.

## MIND/BODY/FLEXIBILITY

**Pilates Fusion** This class is a fusion of both Pilates and a variety of toning techniques to create all over strength and flexibility.

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

## Chat with us!

 949.899.8320

 [kineticnewport@plusone.com](mailto:kineticnewport@plusone.com)

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