



****STARTING SEPT. 1ST****

GROUP TRAINING SCHEDULE

| Time | Monday | Tuesday | Wednesday | Thursday |
|-----------------|---------------------|-----------------|-----------|--------------------|
| 9:00 AM | | Barre | | |
| 10:30 AM | TRX | | | |
| 5:00 PM | Kettle Bells | | | |
| 6:00 PM | | TRX HIIT | | Boxing HIIT |

CLASS DESCRIPTIONS

Barre: In just 1 hour you will achieve a full-body workout concentrating on the areas women struggle with the most: hips, thighs, seat, abdominals and arms. Barre Class technique is low-impact, protecting your joints by avoiding any bouncing or jumping. Each strength section of the workout is followed by a stretching section in order to create long, lean muscles without bulk. The technique works to defy gravity by tapering everything in and lifting it up!

Boxing HIIT: Combines Boxing Drills on a punching bag with High Intensity Interval Training for a total body strengthening and fat blasting workout.

Kettle Bell: Kettlebell is one of the most effective ways to get a rock hard body. Using a weight that is centered below the handle helps to use almost every muscle in the body to counteract the momentum. Includes ballistic exercises that combine cardiovascular, strength, and flexibility training.

TRX HIIT: TRX suspension leverages gravity to develop balance, strength and core stability simultaneously. Combined with High Intensity Interval Training, this class will take your fitness to the next level.

Zumba/HipHop Total Body: Take Zumba/HipHop to the extreme in the 90 minute class that includes all your current favorite songs plus a first look at the new songs. End each class with toning and core conditioning for a total body workout.