

AUGUST FITNESS SCHEDULE

BOOTCAMP- A mix of bodyweight exercises, cardio and weight training that will get you in the best shape of your life!

STRENGTH FUSION- An Intense Core-focused Mat Class blending the principles from Pilates, Sports Conditioning, and Yoga. Designed to challenge both the large and small muscle groups through a series of flowing exercises. Modifications given for all levels, both beginner and advanced.

TRX- A total body workout using your own bodyweight with the TRX suspension device to increase intensity

SPIN- Indoor cycling class designed to reduce body fat while increasing lean body mass.

AQUA AEROBICS - Aqua aerobics, also referred to as water aerobics, is one of the most effective ways to get yourself into shape. Aquatic exercise offers many unique benefits and is safe for people of all ages.

H.I.I.T- A class session of 20-40 minutes created around "High Intensity Interval Training" (an enhanced form of interval training). By alternating periods of short intense anaerobic exercise with less-intense recovery periods, this type of workout is an effective form of cardiovascular exercise that also improves on athleticism, glucose metabolism, and fat burning!

<i>MON</i>	<i>TUE</i>	<i>WED</i>	<i>THUR</i>	<i>FRI</i>
		0700 <u>Aqua Aerobics</u> RAELYN		0700 <u>Aqua Aerobics</u> RAELYN
0900 <u>Spin</u> SHELLEY	0900 <u>Aqua Aerobics</u> RAELYN	0900 <u>Spin</u> RAELYN	0900 <u>Aqua Aerobics</u> RAELYN	0900 <u>Spin</u> SHELLEY
1030 <u>TRX</u> SAMANTHA	1030 <u>Strength Fusion</u> RAELYN		1030 <u>Strength Fusion</u> RAELYN	1030 <u>TRX</u> SAMANTHA
	1200 <u>Boot Camp</u> SAMANTHA		1200 <u>Boot Camp</u> SAMANTHA	
1630 <u>H.I.I.T</u> CLARE	1630 <u>Spin</u> CLARE	1630 <u>H.I.I.T</u> CLARE	1630 <u>Spin</u> CLARE	

Hours of Operation

Mon-Fri 0500-2100

Sat & Sun 0900-1700

Holiday 0900-1500

850-623-7412