

Class Schedule

March

Monday to Thursday / 5 am – 8 pm
Friday / 5 am – 7 pm
Saturday and Sunday / 7 am – 3 pm

Class descriptions on back.

MONDAY

6 – 6:30 am
HIIT
Nikki / Fitness Floor

5:30 – 6:15 pm
Turbo Kick
Lauren / Studio

TUESDAY

Noon – 12:30 pm
Yoga Flow
Linda / Studio

WEDNESDAY

6 – 6:30 am
HIIT
Melissa / Fitness Floor

THURSDAY

Noon – 12:30 pm
Beginner's Strength
Adam/Spencer / Fitness Floor

5:30 – 6:15 pm
Trainer's Choice
Meagan / Fitness Floor

FRIDAY

In accordance with state guidelines:

- Masking is encouraged but not required while exercising.
- Masking is required anytime an individual is not exercising.
- Six feet social distance must be maintained at all times.
- Equipment cannot be shared and must be wiped down after use.

L = Low Intensity **M** = Moderate Intensity **H** = High Intensity

Beginner's Strength L/M

A class aimed at beginners! It will include a series of low-moderate intensity strength training exercises to help you increase strength gradually. This will be a great addition to your cardio workouts!

HIIT M/H

"High intensity interval training." This class is designed to be a total body, aerobic, and strength conditioning workout. This interval-based class combines full-body strength training with high intensity cardio bursts designed to burn fat and improve your endurance. Modifications for all fitness levels are provided.

Trainer's Choice M/H

This is a surprise class which will be decided upon by the trainer. This is sure to be a good time

Turbo Kick L,M,H

The ultimate cardio-kickboxing experience, Turbo Kick LIVE is perfect for the beginner and elite fitness enthusiast alike! This fat-burning workout combines cardio kickboxing with body-sculpting HIIT moves choreographed to the hottest music mixes. Get lean, get toned, and feel unstoppable in the class that's high-energy and super addicting!

Yoga L/M

This class will teach individuals the basic fundamentals of yoga, which places the body with intention and purpose. Students will learn how to connect breath to movement through aligning the body, building strength, and how to find clarity in the mind, leading to relaxation and stress relief.