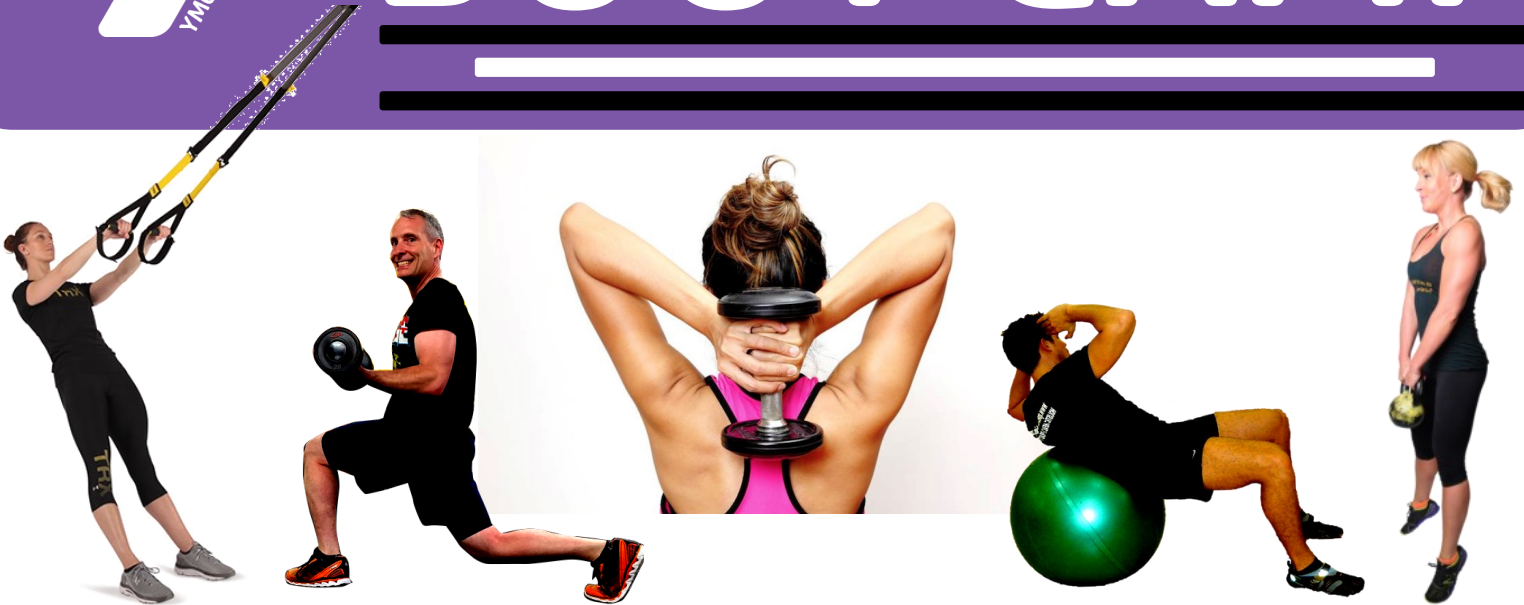




BOOT CAMP



\$50 Members | \$70 Non-Members

UNLIMITED CLASSES

OCTOBER SESSION SCHEDULE

MONDAY

5:45am: TRX

Trainer: Maddie

12:15 pm: Sculpting
Supersets

Trainer: Kim

5:15pm: Cardio
Core Crush

Trainer: Kristina

TUESDAY

5:45am: Overtime!

Trainer: Dan

5:15pm: Dumbbell
Dynamite

Trainer: Maddie

WEDNESDAY

5:45am: Kettlebell
Kilimanjaro

Trainer: Laurie

12:15pm: Cardio
Core Crush

Trainer: Laurie

5:15pm: Medball
Mania

Trainer: Kristina

THURSDAY

5:45am: Cardio
Core Crush

Trainer: Kristina

5:15pm: HIIT

Trainer: Maddie

FRIDAY

5:45am: Fit Fun
Friday!

Trainer: Maddie

12:15pm: Active
Recovery

Trainer: Dan

***Drop-In Sessions: \$12**

***Class Descriptions on Back**



DESCRIPTIONS

Active Recovery: Combining cardio, strength, and stability into a 45 minute workout to end your week and get you ready for the weekend! We will finish with a focus on stretching and rolling to release tension and help recovery.

Cardio Core Crush: Let's get hard core! Calorie burning, sweat inducing, cardio and core focused work. Get ready to feel the burn.

Dumbbell Dynamite: Fire up both large and small muscle groups using weights for a full body torch.

Fit Fun Friday: Fitness Roulette. You never know what you are going to get... be ready to work!

HIIT: High-Intensity Interval Training — torch calories in this super-efficient, all out effort class! Get your heart rate high through the combination of dynamic movement and full body exercises.

Kettlebell Kilimanjaro: Hit it hard with kettlebells, hills, and stairs!

Medball Mania: Bridge the gap between conventional strength and endurance exercises. Slam, twist, toss to improve your core stability, explosive power and functional strength.

Overtime: Fundamental athletic and plyometric movements, short distances, powerful motions and challenge yourself and create and smash personal goals.

Sculpting Supersets: Your muscles will be talking back after this full body bootcamp! This format is simple with 6 easy to follow supersets. These exercises are great for any fitness level... So grab a set of weights and let's do this!

TRX: This Suspension Training class will incorporate bodyweight exercises that develop strength, balance, flexibility and core stability simultaneously.