



DECEMBER BOOT CAMP

NOW OFFERING SATURDAY CLASS!

\$30 Members | \$50 Non-Members
UNLIMITED CLASSES

December 3rd—22nd

MONDAY

5:45am: TRX
Trainer: Maddie

12:15 pm:
Sculpting
Supersets
Trainer: Dan

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

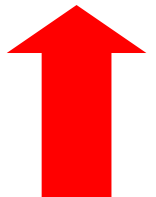
FRIDAY

5:45am: Fit Fun
Friday!
Trainer: Maddie

12:15pm: Active
Recovery
Trainer: Dan

SATURDAY

9:00am:
Saturday
Surprise!
Trainer: Kaitlyn



***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.

Saturday Surprise: Strength and cardio, core and legs... You don't know what you're going to get! But we can promise you this workout will increase your muscle, boost your metabolism and decrease body fat. Let's get that heart rate up!

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.