



BOOT CAMP



\$50 Members | \$70 Non-Members
UNLIMITED CLASSES

November SESSION SCHEDULE

MONDAY

5:45am: Cardio
Push

Trainer: Maddie

12:15 pm: Nothin'
But HIIT & Core
Trainer: Kim

5:15pm: Burn &
Blast
Trainer: Kristina

TUESDAY

5:45am: Fitness
Roulette

Trainer: Dan

5:15pm: TRX
Trainer: Maddie

WEDNESDAY

5:45am: Work It
Wednesdays

Trainer: Laurie

12:15pm: Fitness
Roulette
Trainer: Laurie

5:15pm: HIIT
Strength
Trainer: Kristina

THURSDAY

5:45am: HIIT
Trainer: Kristina

5:15pm: Kettlebell
Burn
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.

Burn & Blast: Cardio bursts with strength movements—keepin' it simple!

Cardio Push: A calorie burning, sweat inducing, cardio focused work. Get your heart rate up! Workouts will include steady state and/or intervals with a cardio focus.

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

Fitness Roulette: Never know what you're going to get! Up to the instructor what you'll be focusing on.

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.

Nothin' But HIIT & Core: 20 minutes of torching fat and calories through different HIIT modalities; treadmill, rowing, medballs, spinning... You get the idea! Finish class with flattening and sculpting the midsection. Gonna hit obliques, posture muscles using pilates methods, and of course, that 6-pack!

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

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

Work It Wednesday: Be ready to work! Cardio, strength, stability, whatever Laurie decides to push you on... Be ready!