



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BOOT CAMP FREE WEEK

August 26 - 30

MONDAY

5:45 - 6:45 a.m.

Trainer: Maddie

Can I get a Fitness HIIT

High intensity interval workout, using a variety of equipment including dumbbells, kettlebells, TRX and more, for a full body burn.

Noon - 12:45 p.m.

Trainer: Maddie

Ready, Sweaty, Go!

Cardio workout for a happy heart! This class contains calorie burning, sweat inducing, cardio focused work. Workouts will include steady state and/or intervals with a cardio focus.

5:30 - 6:30 p.m.

Trainer: Kristina

Cardio Core Crush

Come and burn some calories in this cardio focused class that will get your heart rate up and will also hit all of the muscles in your trunk; your abs, low back and glutes, so get ready to feel the burn and crush some serious calories!

TUESDAY

5:45 - 6:45 a.m.

Trainer: Kaitlyn

Tabata Torch

A class that focuses on high intensity intervals using a variety of equipment. This class is designed to get your heart rate up into the anaerobic zone for short periods of time.

A mix of both strength and conditioning. Come prepared to work hard and torch calories!

5:30 - 6:30 p.m.

Trainer: Dan

It's 5 o'Clock Somewhere Happy Hour!

Come kick off your happy hour with a series of exercises and your favorite trainer, Dan. 1 set, 2 set, 3 set, floor!

WEDNESDAY

5:45 - 6:45 a.m.

Trainer: Laurie

Work it Wednesdays

Cardio, strength, endurance... whatever the focus, be prepared to work! Minimal rest intervals to burn maximum calories!

Noon - 12:45 p.m.

Trainer: Dan

Bands Will Make You Dance!

Band focused exercises designed to give your workout a little extra flavor. Come train with Dan and see if these bands will make you dance.

5:30 - 6:30 p.m.

Trainer: Kristina

Power Strength

Increase your muscle and decrease body fat with a focus of strength using a variety of equipment mixed with high intensity intervals to increase your cardio endurance.

THURSDAY

5:45 - 6:45 a.m.

Trainer: Kristina

Power Strength

Increase your muscle and decrease body fat with a focus of strength using a variety of equipment mixed with high intensity intervals to increase your cardio endurance.

5:30 - 6:30 p.m.

Trainer: Maddie

Power Hour

Increase your muscle, boost your metabolism, and decrease body fat with a strength focused workout using dumbbells and bars as well as medicine balls, kettlebells and body weight.

FRIDAY

5:45 - 6:45 a.m.

Trainer: Kaitlyn

Ready, SET, Go!

This class uses supersets and giant sets to increase intensity of the workout by overloading and pushing your muscles to the limit. This circuit style class uses a variety of equipment such as dumbbells, kettlebells, and med balls- which is all great for building strength and boosting your cardiorespiratory response.

SATURDAY

9 a.m.:

Saturday Switch Up
Focused equally on strength and cardio, the first half of the class will focus on strength using dumbbells, kettlebells, TRX, & med balls. The second half will switch focus to cardio using various cardio equipment such as rowers, treadmills, stairs, and the indoor track. Let's switch it up!

Try any class for free!
Just sign up at the front desk.