

# January Group Exercise Schedule



# 2018

## Class Descriptions:

**TOTAL STRENGTH 60 MIN:** A powerful, focused workout devoted to developing muscular strength & endurance to reshape your body.

**CORE CONDITIONING 45 MIN:** Strength exercises that focus on toning & conditioning the abdominal & lower-back muscles

**STRENGTH FLOW YOGA 60 MIN:** vinyasa class with fast flow focusing on strength

**LUNCHTIME YOGA 60 MIN:** all level class designed to rejuvenate & energize during the lunch hour

**MONDAY/FRIDAY MORNING BOOTCAMP 45 MIN:** Combination of high intensity intervals & strength-building exercises

**TOTAL STRENGTH 60 MIN:** Powerful focused workout devoted to developing muscular strength, endurance & body shape.

**VINYASA FLOW YOGA 60 MIN:** Stoke internal fire - awaken strength, energy, & flexibility in a fun atmosphere., links breath with mindful flow.

**GROUP TRAINING SESSION - 60 MIN:** - circuit-style group personal training session. No Commitment Required. **\*\*SPECIAL CLASS \$15/class**

**CARDIO KICKBOXING - 45 MIN:** - fun calorie burning cardio class to get your heart pumping - total body workout

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
No Class		<p><b>6:30 AM - 60 Min. Group Training - (\$15)</b></p> <p><b>9:00 AM - Monday Morning Bootcamp</b></p> <p><b>6:00 PM - Cardio Kickboxing</b></p>	<p><b>9:30 AM - Total Strength</b></p> <p><b>12:00 PM - Lunchtime Yoga</b></p> <p><b>6:00 PM - Strength Flow Yoga</b></p>	<p><b>6:30 AM - 60 Min. Group Training - (\$15)</b></p> <p><b>6:00 PM - Stretching &amp; Flexibility - (\$10)</b></p> <p><b>6:30 PM - Core Conditioning</b></p>	<p><b>9:30 AM - Total Strength</b></p> <p><b>12:00 PM - Lunchtime Yoga</b></p>	<p><b>6:30 AM - 60 Min. Group Training - (\$15)</b></p> <p><b>8:00 AM - Friday Morning Bootcamp</b></p>	<p><b>8:30 AM - Cardio Kickboxing</b></p>