

# CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>11:10 - 11:40 AM <b>Upper Body Blast</b> TJ</p> <p>11:45- 12:00 PM <b>HardCORE</b> TJ</p> <p>12:05 - 12:45 PM <b>Lower Body Blast</b> Jordan</p>	<p>7:00—7:30 AM <b>The Resistance Workout</b> Jordan</p> <p>11:10 - 11:45 AM <b>Boot Camp</b> Jordan</p> <p>12:05 – 12:45 PM <b>H.I.I.T.</b> TJ</p> <p>4:30– 5:00 PM <b>Boot Camp</b> TJ</p>	<p>11:10– 11:40 AM <b>Rock Bottom</b> Jordan</p> <p>11:45– 12:00 PM <b>Core &amp; Mobility</b> Jordan</p> <p>12:05 - 12:45 PM <b>Arms &amp; Cardio</b> TJ</p>	<p>7:00 - 7:30 AM <b>10-10-10</b> Jordan</p> <p>11:10AM– 11:45 AM <b>Circuit Training</b> Jordan</p> <p>12:05- 12:45 PM <b>ABC</b> TJ</p> <p>4:30– 5:00 PM <b>Circuit Training</b> TJ</p>	<p>11:10AM– 11:45 AM <b>Tabata</b> Jordan</p> <p>12:05- 12:45 PM <b>Chisel</b> TJ</p>



**FITNESS**   
AT SPS TOWER

**Group Fitness: Fitness at SPS Tower**  
July 1—September 27, 2019

# CLASS DESCRIPTIONS

## 10-10-10

Combining a variety of exercises, this total body workout will focus 10 minutes on strength, 10 minutes on cardio, and 10 minutes on core.

## ABC

Arms. Booty. Cardio. Join us for this full body workout. Keep your muscles guessing with a mix of strength and cardio exercises.

## Arms & Cardio

Strengthen and tone your upper body and get your heart pumping in this invigorating class using body-weight resistance, dumbbells, resistance bands, and more!

## Boot Camp

We want to keep you guessing and challenge you in every class! Workouts are designed to improve your overall fitness, including strength, cardio, flexibility, agility and endurance. Have fun. Work hard!

## Chisel

During this class you will focus on exhausting your biceps and triceps to total failure. Join us for the ultimate arm workout and get ready to build strong and lean muscles!

## Circuit Training

This interval-based workout will have you moving from one station to the next while performing strength and endurance exercises. This fast-moving class will help you increase your stamina while building lean muscles.

## Core & Mobility

This class allows you to improve head-to-toe flexibility and mobility to keep you moving longer and stronger for the remainder of the day. Enjoy a variation of core exercises to also build on your overall stability.

## HardCORE

This 20-minute class focuses on strengthening and stabilizing all of the muscles that make up your core. Enjoy a great core workout comprised of a large variety of exercises.

## H.I.I.T.

Get shredded by burning fat and building muscle with this full body workout that is High Intensity Interval Training. With hard work and focused intensity during this class, you will see great results!

## Lower Body Blast

Doing large muscle group exercises (like lower body exercises) can help accelerate their body's metabolism. Come and work on your quads, hamstrings, glutes and calves in this strength and cardio class!

## Rock Bottom

A non-cardio, intense lower body workout to strengthen your legs, glutes, and core. Focus on working these muscles using hand weights, body bars, stability balls, or your own body weight!

## Tabata

High intensity interval training at its best! 4 rounds of 20 seconds work and 10 seconds rest followed by total body strength training. Burn calories all day long with this intense workout.

## The Resistance Workout

You will participate in non-stop strength building exercises that will increase muscular endurance while using a variety of equipment. There will be a variety of core movements and abdominal work involved as well.

## Upper Body Blast

This upper body-focused workout is designed to tone your arms, build overall upper body strength and challenge your core. Get those arms burning in this 45 minute class.



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