

# CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>11:00 - 11:30 AM</b> <b>Sculpt &amp; Tone</b> TJ</p>	<p><b>7:00 - 7:30 AM</b> <b>Metabolic Burn</b> Sara</p>	<p><b>11:00 - 11:30 AM</b> <b>Pure Strength</b> Sara</p>	<p><b>7:00 - 7:45 AM</b> <b>Cardio &amp; Strength</b> Sara</p>	<p><b>11:00 AM - 11:30 AM</b> <b>Sweat, Strength &amp; Stretch</b> Sara</p>
<p><b>11:35 - 11:50 AM</b> <b>HardCORE</b> TJ</p>	<p><b>11:00 - 11:30 AM</b> <b>Sweat, Strength &amp; Stretch</b> Sara 1/7 - 1/14</p>	<p><b>11:35 - 11:50 AM</b> <b>HardCORE</b> Sara</p>	<p><b>11:00 - 11:30 AM</b> <b>Chisel</b> TJ 1/2 - 1/16</p>	<p><b>12:00 - 12:45 PM</b> <b>Circuit Training</b> TJ</p>
<p><b>12:00 - 12:45 PM</b> <b>Metabolic Burn</b> Sara</p>	<p><b>11:00 - 11:45 AM</b> <b>Yoga *</b> Anna 1/21 - 3/10</p>	<p><b>12:00 - 12:45 PM</b> <b>3-2-1</b> TJ</p>	<p><b>11:00 - 11:45 AM</b> <b>Kickboxing *</b> Titus 1/23 - 3/12</p>	
	<p><b>12:00 - 12:45 PM</b> <b>ACTIV8</b> TJ</p>	<p><b>4:30 - 5:00 PM</b> <b>Workout Roulette</b> TJ</p>	<p><b>12:00 - 12:45 PM</b> <b>Boot Camp</b> Sara</p>	

# CLASS DESCRIPTIONS

## 3-2-1

Challenge yourself with 3 minutes of strength, 2 minutes of cardio and 1 minute of core in repetitive cycles. You will torch calories and get results. Get ready to sweat in 3-2-1!

## ACTIV8

An 8 station Tabata class that will strengthen & tone your body. In this invigorating class you will use bodyweight 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!

## Cardio & Strength

This class will utilize various equipment; cardio machines, weight machines, dumbbells, bands and more! Come to class expecting cardio, strength and endurance intervals for a total body workout!

## 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.

## Kickboxing

This class will offer a fun and different way to get your workout in. Kick off your day with this high energy class that will include a fusion of traditional Kickboxing skills and drills, along with other fitness and circuit training. WARNING: you may leave feeling EMPOWERED! \* CLASS REQUIRES A FEE. Sign up online or at the Fitness Center Front desk.

## HardCORE

This 15-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.

## Metabolic Burn

This class is all about the “after burn”-burning calories after your done working out! Metabolic Burn will elevate your heart rate and keep it up after your workout is done. Expect a workout consisting of cardio and strength intervals followed by intervals of rest.

## Pure Strength

Define and strengthen your muscles with pure strength! Keep your muscles guessing with a fun mix of strength exercises using a variety of equipment. You never know what you are going to get! All fitness levels welcome!

## Sculpt & Tone

This class is all about the number of reps! Come to class expecting to use your bodyweight and lighter resistance bands, dumbbells and more to tone the body while keeping the heart rate up.

## Sweat, Strength & Stretch

This class will give you a total body workout by combining cardio, strength and yoga inspired stretching intervals throughout! Come to the class ready to work, but leave feeling accomplished and refreshed.

## Workout Roulette

Come to class not knowing what to expect! We will use a mixed variety of class formats, weight machines, free weights and bands to mix things up!

## Yoga

This 8-week class will take you through a variety of stretches and poses to promote strength and flexibility. Breathing and relaxation will be used in order to teach stress management techniques. Lower your stress levels and carve out some much-deserved time for you! \* CLASS REQUIRES A FEE. Sign up online or at the Fitness Center Front desk.