

Fitness Schedule October

	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.
6:00 AM	Closed	CSS Early Birds 6:00-7:00 w/Michael	Kettlebell Strength & Sculpt 6:45-7:45 w/Lisa	Build & Sculpt 6:00-7:00 w/Rebecca		CSS Early Birds 6:00-7:00 w/Michael
6:15 AM						
6:30 AM						
6:45 AM						
7:00 AM						
7:15 AM	Closed	Mystery Monday 8:15-9:10 w/Kristie	Muscle Pump 8:15-9:10 w/Kristie		Muscle Pump 8:15-9:10 w/Kristie	Tabata Barre 8:15-9:00 w/Kristie
7:30 AM						
7:45 AM						
8:00 AM						
8:15 AM			Balance N Motion 9:30-10:30 w/Rebecca	Strength Stretch & Mobility 9:30-10:30 w/Amber		Strength Stretch & Mobility 9:30-10:30 w/Amber
8:30 AM						
8:45 AM						
9:00 AM						
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3:45 PM						
4:00 PM						
5:00 PM						
5:15 PM						
5:30 PM						
5:45 PM	Closed	Muscle Pump 5:15-6:15 w/Kristie	Cardio Kickboxing 5:15-6:15 w/Kristie	Muscle Pump 5:00-6:00 w/Kristie	Tabata 5:15-6:15 w/Kristie	Closed
6:00 PM						
6:15 PM						
6:30 PM						
6:45 PM						
7:00 PM	Closed		Spin-Off 6:15 - 7:15 w/Jeremy	Total Strength Fitness 6:15-7:15 w/Lisa	Spin-Off 6:15 - 7:15 w/Jeremy	TRX Combo 6:15-7:15 w/Lisa
7:15 PM						
7:30 PM						
7:45 PM						
8:00 PM						
8:15 PM						



Class Descriptions

Balance N Motion is a fluid blend of alignment principles and techniques linking breath with motion to increase flexibility and elongate muscles. Correct your posture and improve balance as well as ease tension and stress.

Build & Sculpt is a body strength and sculpting class that works the upper, lower body and core using free weights to increase physical strength and endurance. Builds lean, toned muscle. A total body shaping class!

Cardio Kickboxing is a fun and interesting way to keep fit and burn calories. An intense, high-energy workout for the entire body and is intent on movements that raise the heart rate for effective calorie burning.

CSS Early Birds Choose growth or recovery options in this HIIT class that leads you through: **Cardio** (cycle,walk), **Strength** (bells,bands,bars,balls, TRX) **Stretching** (stability & stress-reduction). Worth getting up for!

Kettlebell Strength & Sculpt focuses on technique, strength and power using controlled sets and rest periods.

Kettlebell H.I.I.T Strength & Power focuses on cardio burn and endurance using rapid, timed work-to-rest intervals.

Muscle Pump is total body strength training helps develop complete muscular systems that can burn calories and fat, promote healthy posture and boost a healthy lifestyle. Work at your own level within a class setting.

Mystery Monday kick starts your week with a mystery workout. Stay motivated with a group & enjoy a different workout every Monday. For all bodies!

Spin-Off builds strength and improves your cardiovascular efficiency as your instructor coaches you through a purposeful ride. Did you know that cycling burns a ton of calories while also being easy on your joints? Suited for all fitness levels.

Strength Stretch and Mobility 60 Minutes of mindful movement that facilitates self-confidence, muscle endurance and longevity. Everyone welcome!

Tabata is a high intensity interval training for a total body work out. Uses different modalities of functional fitness. Continue to burn fat after you've left the gym! **Tabata Barre** Best of Barre~Tabata style!

Total Strength Fitness Strengthen your whole body using kettlebells, dumbbells, resistance bands and body weight. Tone up, burn fat and gain stability in this weight training class. Great for all exercise levels.

TRX Combo Suspension training bodyweight exercise develops strength, balance, flexibility & core stability combined w/equipment for whole body fitness.

**Fitness Hours
of Operations**
Sundays
9am-6pm
Mon-Thurs
5am-9pm
Fridays
5am-4pm
Saturdays
CLOSED