

GROUP EXERCISE (STUDIO)

METABOLIC TEAM TRAINING –MTT (FIELDHOUSE)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 a					MTT Advanced Geir		
5:45 a	Cardio, Core & More Eileen	Total Body Conditioning Marcella	Long & Lean Marcella	R.I.S.E Up! Alternating Instructor	Body Sculpting Marcella		
6:00 a		MTT - Collin		MTT - Collin			
8:00 a	Core Fusion Bonnie	R.I.S.E Up! Lynda	TRX Fusion/F.I.T. Sandi	Functional Integrated Training (F.I.T.) Marcella	*8:15* TRX Fusion Collin	Interval Training Sandi	Functional Integrated Training (F.I.T.) Marcia
	MTT Strength Jeff			MTT Geir	MTT Strength Skip		
8:30 a		MTT - Collin				MTT - Collin	
9:00 a	Total Body Conditioning Margie		MTT Geir		FUNctional Sport Moves Collin		
9:15 a							Total Body Conditioning Marcia
9:30 a						TRX Fusion Jeff	
10:00 a	30-Minute Total Body Challenge Margie		MTT for Seniors Mary Core Fusion Bonnie	30- Minute Total Body Challenge Margie			10:15 Yoga Emily/Toni
5:00 p	Yoga Mary						
5:45 p		TRX Training Margie					
6:00p	MTT Courtney		MTT Courtney	Total Body Conditioning Marcia			
6:15p	Total Body Conditioning Marcia						
7:30 p			Power Yoga Toni				

DESCRIPTIONS

F.I.T. (Functional Integrated Training): Get strong, toned and lean as you challenge your body with functional strength training exercises. Have fun using a variety of “tools” to work through multiple planes doing compound exercises!

Body Sculpting: Turn your body into the masterpiece that you desire! Tone and tighten your body with a variety of exercises.

Cardio, Core & More: Have it all in one workout. Elevate your heart rate, work your body’s foundation along with a few surprises thrown in to keep it interesting!

FUNctional Sport Moves: Combine athletic and aerobic movements and you’ve got yourself a “FUN” class that tones and burns!

Interval Training: Let’s mix cardio and strength training intervals for a full body workout. Burn fat and calories while increasing your metabolism in this high-energy class!

LONG & LEAN: Not your average Barre Class! We’ll focus on toning, lengthening and strengthening through a variety of exercises. Use the ballet barre, stability bar, bands, light weights, glides and balls to help achieve a “long & lean” look!

Core Fusion: A Pilates mat class that will focus on your core or “power house” with a variety of “tools” to help improve flexibility, tone and muscle mass. We’ll fuse Pilates movements with stability bands, toning balls, BOSU® and much more...

Power Yoga: An energizing flow of postures linking breath with movement, generating internal heat, flexibility & balance.

R.I.S.E. UP! Get ready to work out of your comfort zone with the element of surprise in every class! Designed for the intermediate/advanced client. Heart rate, strength, and core training every time!

TOTAL BODY CONDITIONING: A full body workout that incorporates weights, medicine balls, glides, body bar and hardcore strength exercises to tone and burn. You will work every muscle in your body while your heart keeps pumping!

***TRX Fusion (Uses a Suspension Training System):** Your own bodyweight allows these exercises to develop strength, balance, flexibility and core strength. Props” will be added to enhance your workout. Muscles will work while your heart rate stays elevated!

Yoga: Join postures with breath to bring flexibility, balance and a centered approach to your body. The class will challenge your body while also activating a healing relaxation response.

METABOLIC TEAM TRAINING (MTT): Bring structural and compound exercises together with small recovery intervals to maximize calorie burn and increase *metabolism* during and long after the workout. Instructors use MyZone® heart monitors to ensure specific performance from each participant. For more information, visit MyZone.org.

- **MTT ADVANCED:** This class is for individuals at an advanced fitness level. Join Geir early mornings at 5:00 am!
- **MTT FOR SENIORS:** Enjoy the lighter version of our metabolic team training to help improve cardiovascular fitness, mobility, and strength.
- **MTT STRENGTH:** Experience all the benefits of our metabolic team training along with a stronger emphasis on compound movements such as squats and deadlifts. Come enjoy this intense full body workout!

ALL CLASSES ARE 55 MINUTES UNLESS NOTED.

PLEASE REFRAIN FROM USING CELL PHONES IN THE STUDIO

*PLEASE SIGN UP FOR THIS CLASS AHEAD OF TIME WITH MINDBODY.COM - THERE IS A 12 PERSON MAXIMUM DUE TO THE SUSPENSION SYSTEM.