



CLASS & TRAINING SCHEDULE

Effective: January 9, 2017

GROUP EXERCISE (STUDIO)

METABOLIC TEAM TRAINING –MTT (FIELDHOUSE)

SEMI-PRIVATE -SP (FIELDHOUSE)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 a					MTT Advanced Geir		
5:45 a	TRX Fusion/Total Conditioning Eileen	Long & Lean Marcella	Total Body Conditioning Marcella	R.I.S.E Up! Alternating Fitness Instructor	Interval Training Sandi		
6:00 a		MTT - Collin		MTT - Collin			
7:00a	SP Ilze		SP Ilze		SP Ilze		
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	FUNctional Sport Moves Collin	Interval Training Sandi	Functional Integrated Training (F.I.T.) Marcia
	SP Karen MTT Strength - Jeff	SP Steve		MTT - Geir	MTT Strength Skip		
8:30 a		MTT - Collin				MTT - Collin	
9:15 a	Total Body Conditioning Margie		9am MTT - Geir Cardio Kickboxing Sandi		*starts @ 9 am* TRX Fusion Collin		Total Body Conditioning Marcia
9:30 a						TRX Fusion Jeff	
10:00a			SP for Seniors Mary	10:20 30 Minute Total Body Challenge Margie			10:15 Yoga Emily/Toni
10:10a	10:20 30-Minute Total Body Challenge Margie		10:10 Core Fusion Bonnie				
4:00 p			TRX Fusion Sandi				
5:00 p	Yoga Mary						
6:00p	MTT Courtney	TRX Training Margie *starts at 5:45 pm *	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!

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!

Kickboxing: Incorporate boxing drills with upper/lower body moves to keep heart rate elevated! Strengthen, burn and tone while experiencing some “anger management” at the same time! (45-minute 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. We will also add a variety of “props” to class to enhance your workout. Muscles will work together 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.

Zumba ®: Mix low and high-intensity moves for an interval-style, calorie burning dance fitness party! Combine Latin and world rhythms that make you forget your exercising!

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 ADV:** 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 of 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!

SEMI-PRIVATE (SP): Workouts for groups of 4 participants. Designed specifically for individuals with a Semi-Private Membership.

ALL CLASSES ARE 60 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.