

SEPTEMBER

	Monday	Tuesday	Wednesday	Thursday	Friday
6:30 AM	Cardio Boot Camp Crystal	High Intensity Interval Class Justin	Cardio Boot Camp Justin	High Intensity Interval Class Justin	Cardio Boot Camp Adam
8:30 AM	Functional Strength Crystal				
9:30 AM			Core & Conditioning Justin		
11:00 AM					Stretch & Flex Crystal
11:30 AM		Holy Yoga Cheryl		Holy Yoga Cheryl	
12:00 PM		Senior Strength Crystal		Senior Strength Crystal	
5:45 PM	Strength Circuit Adam		Strength Circuit Adam		

High Intensity Interval Training: HIIT:

Our High intensity interval training involves a variety of strength-training movements for both the upper and lower body, with lots of equipment usage. This includes Dumbbells, Kettlebells, and other variations of equipment. (45 minutes)

Boot Camp:

Boot Camp is our body weight class involving cardio and interval training. A full-body movement class with emphasis on core, stability, and cardio. (45 minutes)

Functional strength:

Our functional strength training class puts an emphasis on foundational strength movements. Stability and balance are a major focus during the class to help make your body move better and feel better. (50 minutes)

Core and Conditioning:

Core and Cardio puts all the focus on stability, control, and conditioning. A great workout to break a sweat too; with movements focusing on keeping a higher heart rate, and core movements focusing on building up your trunk. (40 minutes)

Stretch and Flex:

Our Stretch and flex class puts stretching front and center. Deeper stretches and the use of yoga blocks and yoga straps are common. A great way to end your workout or if you have sore and tight muscles. (50 minutes)

Strength-Circuit:

A foundational strength training class with movements for both upper and lower body. Consisting of two or three circuits emphasizing certain muscle groups. (45 minutes)

Senior-strength:

65+ individuals looking to gain strength and stability in a safe and controlled manner. Many workouts are completed while in a chair, with emphasis on form and technique. (40 minutes)