

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
6:30AM-7:30AM: Serious Afterburn		6:30AM-7:15AM: Strictly Strength		6:30AM-7:30AM: Serious Afterburn
8:00AM-8:45AM: Circuit Work It	8:00AM-8:45AM: Fab Abs	8:00AM-8:45AM: Pump It Up	8:00AM-8:45AM: Iron Core	8:00AM-8:45AM: Power Up
	9:00AM-9:45AM: Pedal Power			
9:30AM-10:30AM: Yoga Awakening		9:30AM-10:30AM: Warrior Yoga		9:30AM-10:30AM: Transformational Body Flow
	4:00PM-5:00PM: Stepping Up to Thai Chi			

Class Descriptions:

Serious Afterburn – Kedra/Janet:

Come join us for an energized full body station-style workout using the various equipment in the studio. (Bikes, jump ropes, step boxes, resistance bands, TRX, agility ladder, weights, mats, and more) Every workout is different and you are guaranteed to leave rejuvenated!

Strictly Strength – Janet

This HIIT class is designed to target full body strength, including weights, kettlebells, resistance bands, TRX, and more. Less cardio, more resistance training!

Serious Afterburn – Kedra

Come join us for an energized full body station-style workout using the various equipment in the studio. (Bikes, jump ropes, step boxes, resistance bands, TRX, agility ladder, weights, mats, and more) Every workout is different and you are guaranteed to leave rejuvenated!

Circuit Work It – Lisa:

A class that includes a series of exercises performed in a circuit format, targeting total body fitness with different muscle groups and increasing cardiovascular endurance!

Fab Abs Core – Luke:

Join Luke for 45 minutes of CORE. Including mobility and stability, this class will sculpt your core and leave you with a tool bag of exercises to take home!

Pedal Power – Luke

Spin is back! Come ride with Coach Luke in the studio for a great 45-minute cardio workout on the spin bikes. Rhythm rides, HIIT and hills, power zone, solo tracks, arm strength tracks, and more! RSVP for a limited spot.

Pump It Up– Kedra:

Come join us for an energized full body station-style workout using the various equipment in the studio. (Step boxes, resistance bands, TRX, agility ladder, weights, mats, and more) Every workout is different and you are guaranteed to leave rejuvenated!

Iron Core – Lisa:

A class specifically designed to strengthen and tone the core muscles, including targeting the abdominals, obliques, glutes, and lower back!

Power Up – Janet:

A HIIT class to power up your Friday and feel great for the weekend! Station style full-body pump and sweat.

Transformational Body Flow – Karen:

This is a total body vinyasa yoga class that engages and challenges the entire body through yoga poses and smooth transitions between poses that is all coordinated with breath. The class aims to improve overall strength, flexibility, balance and fluidity of motion.

Yoga Awakening – Holly:

Start the week by awakening the body, mind and spirit with Hatha Yoga. Regular practice provides benefits such as increased strength, balance and flexibility, as well as stress management and equanimity.

Warrior Yoga – Holly:

Continue your yoga journey Wednesday mornings using props, the wall, standing poses and balance poses designed to support strong bones. Focus includes core strengthening, flexibility, and self-exploration/introspection.

Yoga Fusion – Holly:

Immerse yourself in a peaceful journey including restful, restorative yoga poses, gentle and yin (3 of the most relaxing forms of yoga), breathing techniques, easy guided meditations, and relaxing music to help you reduce stress, rebalance the entire system, and rediscover a sense of peace. Please RSVP to Holly via [email](#).

Stepping Up to Thai Chi - Meghan