

**OVER 80 CLASSES 7 DAYS PER WEEK • GUARANTEED RESULTS OR 100 % MONEY BACK**



## SILVER SWEAT

This class is geared towards our Senior population and will help build strength, balance, and vitality. Modifications are not just options but they are encouraged. Small group size allows the coach to set up the individual for success regardless of where they are in their journey utilizing basic movement patterns and strength training.



## KETTLEBELL KRUSH

Basic and advanced Kettlebell concepts that will get the heart racing blood pumping and the calories burning. Thousands of Kettlebell variations designed to give you maximum calorie burn in the least amount of time. Programming designed to develop a lean and muscular physique.



## KICKBOXING FITNESS

A high intensity workout that will also teach you proper fighting form and striking abilities. No mindless punching bags here, everyone learns how to defend themselves while getting a killer workout. Tons of calories burned here along with a great stress reliever to end your day or get it going on the right foot. Be a badass inside and outside of the gym!

## MIGHTY MOVERS

Music Mindfulness & Movement. This class will get you running, rolling, bouncing, dancing and your heart pumping to its max. Combining elements of yoga, aerobics, mindfulness, dance and drama there is space to laugh, create, sing, and play all while moving your body in a way that's easy to follow but as effective as an adult group experience. This session gets you up on your feet and sweating within the first two minutes!



## HIGH POWERED HIIT

Be ready to get after it! Scientifically proven to be the one of the best ways to increase overall work capacity and health this high intensity class uses timed work and rest intervals to get the absolute most of your workout. We use kettlebells, bodyweight, sleds, and anything else we can think of to get you to the next level. Watch your calorie burn go through the roof the entire hour and leave the gym feeling energized with a sense of accomplishment!



## F-BOMB FRIDAY

Be ready for the music and the coaches to be explicit!! This is not for the faint of ears, the music will be blasting the hottest old school and new school songs while the coach is motivating you! This class will utilize HIIT, Full Body Blast, Kettlebells and Medicine Balls. Be ready to get hyped up with this new class!



## SUNDAY FUNDAY

The week is over but there is still time to get a little work in. This class will target specific body parts that can use a little extra attention combined with a calorie burning component that will get everyone's heart rate up.

## SUNDAY SKILLZZ

Hone in on those skillzz!! This class will teach you basic and advanced techniques using the Kettlebell. This class will be broken into an advanced section and a beginner section. The best part about this class is there is TWO coaches that will challenge your skill level, burn calories and maximize the use of a Kettlebell to give you a full body workout!



## MEDBALL MADNESS

Increase your power output and decrease your stress levels with Med Ball Madness! Focusing on explosive power and muscular endurance this class incorporates medicine balls and bodyweight combinations that will get that heart rate up and your body toned and resilient. Don't be surprised if we throw a little kettlebell work in there too!

## MUSCLE MANIA



Time to pick things up and put them down! It's the end of the week and we focus on moving heavy weight and low reps to strengthen the entire body. You are stronger than you think and this class puts you in a position to safely challenge yourself and come away with personal bests on your fitness journey.

## FULL BODY BLAST



An all-around full body workout that incorporates basic body movements along with challenging exercises. Check every movement box utilizing Dumbbells, Bands, Medballs and Bodyweight exercises to attack the body from all angles. If you could only do one thing, this would be it! develop a lean and muscular physique.

**InBody570**

**FIT3D**

**myzone**

**SPRING CHALLENGE KICKOFF PARTY, SAT MAY 2<sup>ND</sup> @ 9 AM / SPRING CHALLENGE MAY 2 - JUL 5**