

JAN - MARCH | GROUP FITNESS SCHEDULE

Monday

Tuesday

Wednesday

Thursday

Friday

1:00 - 1:30am

3-2-1

in-person

1:00 - 1:30am

Core & More

in-person

12:15 -12:45 pm

Full Body Tabata

in-person

12:15 -12:45 pm

Upper Body Blast

in-person

12:15 -12:45 pm

Bootcamp

in-person

12:15 - 12:45 pm

Butts & Guts

in-person

Class

3-2-1

Core and More

Bootcamp

Upper Body Blast

Full Body Tabata

Butts and Guts

Descriptions

Challenge yourself with 3 minutes of cardio, 2 minutes of strength training and 1 minute of core in repetitive cycles. Torch calories and get results! Get ready in 3-2-1!

Looking for a core-specific workout? Core and More will focus on the entire core musculature to help your body function as best as possible, as well as strength and cardio intervals.

Do you need to be pushed and motivated to new levels? Try Boot Camp! This class combines cardio, weights, and bodyweight training to improve strength and cardiovascular endurance!

This class will exhaust the muscles of your upper body- shoulders, biceps, triceps, chest, upper back & core.

Looking for a quick workout that will get your heart pumping? Tabata is for you! This class involves short bursts of high intensity work with even shorter rest intervals. Get your heart pumping and start your day on the right foot!

Focused on strengthening your legs, glutes and core- this class will utilize a variety of equipment to get that lower body burn!