

MARCH CLASS SCHEDULE

MONDAY

6:15 AM
BOOT CAMP
(Mark)

TUESDAY

6:15 AM
TABATA
(Mark)

7:15 AM
PILATES
(Megan)

12:00 PM
STRENGTH &
CONDITIONING
(Keri)

WEDNESDAY

6:15 AM
BOOT CAMP
(Mark)

12:00 PM
H.I.I.T
(Staci)

THURSDAY

6:15 AM
STATION ROTATION
(Liz)

11:15 AM
STRENGTH SQUAD
(Keri)

12:15 PM
SENIOR STRETCH &
STRENGTH
(Lynn)

FRIDAY

6:15 AM
BOOT CAMP
(Mark)

SATURDAY

**THERE WILL BE
NO SATURDAY
CLASSES FOR
MARCH

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)

Pilates: A 45-minute Mat Pilates class to emphasize breath, core conditioning, and body awareness. Learn to activate your deep core muscles to build strength, stability, and flexibility. Classes might incorporate small props, such as balls, resistance bands, sliding discs, etc. Core strength is the powerhouse of all movements, so this class is beneficial for all bodies! All levels.

Tabata: This class offers a quick, intense workout that challenges your body, improves fitness and burns calories. Remember 4 minutes can push you to your limits. (20 second exercise and 10 second rest intervals for 4 minutes)

Station Rotation: Join this high energy class that rotates through a variety of fitness stations to create heart-pumping cardio intervals.

H.I.I.T: High Intensity Interval Training class is a cardio-focused workout that alternates between short, intense bursts of exercise and recovery periods. It includes a variety of exercises that can use equipment like stationary bikes, treadmills, kettlebells, dumbbells, or jump ropes. It can also be done without equipment.

Strength SQUAD: A Strength Training Class for all levels to push oneself to grow stronger, have fun, be challenged, and feel accomplished by end of the workout. All are welcome - come join the Strength Squad!

Senior Stretch and Strength: 50+ individuals looking to gain strength and stability in a safe and controlled manner. We will focus on 15 minutes of stretching at the beginning followed by strength training for the last 30 minutes. Many workouts can also be completed while in a chair, with emphasis on form and technique.

Strength & Conditioning: A Strength Training Class mixed with cardio conditioning for all levels. A great combination class creating a full body workout to train stronger, have fun, be challenged, and feel accomplished by end of the workout. All are welcome - come join them each Tuesday!