

GROUP CLASS MENU

MONDAY	5:30 - 6:15 AM BARBELL BASICS	6:15 - 7:00 AM BARBELL BASICS		9:30 - 10:30 AM (60 MINS) BARBELL BASICS		
TUESDAY		6:15 - 7:00 AM CARDIO INTERVAL TRAINING		9:30 - 10:15 AM CARDIO INTERVAL TRAINING	10:30 - 11:30 AM FIT FOREVER BEGINNERS	6:00 - 6:45 PM BOXING FIT
WEDNESDAY	5:30 - 6:15 AM TOTAL BODY STRENGTH	6:15 - 7:00 AM TOTAL BODY STRENGTH		9:30 - 10:15 AM TOTAL BODY STRENGTH		
THURSDAY		6:15 - 7:00 AM CARDIO INTERVAL TRAINING		9:30 - 10:15 AM CARDIO INTERVAL TRAINING	10:30 - 11:30 AM FIT FOREVER BEGINNERS	6:00 - 7:45 PM (45 MINS) BARBELL BASICS
FRIDAY	5:30 - 6:15 AM CORE STRENGTH	6:15 - 7:00 AM CORE STRENGTH		9:30 - 10:30 AM (60 MINS) CORE STRENGTH		
SATURDAY			7:00 - 8:00 AM (60 MINS) STRENGTH AND CONDITIONING			
SATURDAY	WEEKLY MEAL PREP REST. RECOVERY					



BARBELL BASICS

A compound barbell training class delivered in progressive 8-week blocks to help you build strength safely and effectively. This style of resistance training supports lean muscle development, protects bone health, and promotes long-term strength, function, and longevity.



CARDIO INTERVAL TRAINING

A high-energy cardio session using timed work and recovery intervals to improve fitness, stamina, and heart health. Interval training is a powerful way to support longevity, especially by improving VO2 max, which is one of the strongest indicators of long-term health and aerobic fitness.



FIT FOREVER BEGINNERS

Join us for "Fit Forever Beginners," a specially designed class for seniors and beginners aged 55 and over, where we focus on enhancing strength, cardiovascular health, and overall mobility. In this welcoming and supportive environment, you'll engage in a comprehensive 60-minute workout that includes tailored strength and conditioning exercises, ensuring you build muscle safely and effectively. To round off our session, we dedicate the final 15 minutes to flexibility and mobility training, promoting joint health and ease of movement in daily life.



BOXING FIT

Unleash your inner champion in our Boxing Blitz class, where high-octane boxing techniques meet dynamic fitness drills! This exhilarating session combines powerful punches with strength-building exercises and heart-pumping cardio blasts to elevate your fitness game.

Whether you're a seasoned fighter or a beginner, our expert trainers will guide you through a series of challenging drills designed to push your limits and ignite your passion for fitness.



TOTAL BODY STRENGTH

A full-body strength class designed to build muscle, improve confidence with weights, and support long-term health. Expect a mix of upper and lower body work using dumbbells, barbells, and functional movements to help you get stronger every week.



CORE STRENGTH

A class designed to enhance core strength while building overall body strength. Participants will engage in targeted exercises that improve stability and support functional movement, emphasizing the importance of a strong foundation. With a variety of strength-building techniques, this class is perfect for those looking to deepen their core engagement and enhance their overall fitness. Join us to strengthen your core and elevate your strength training!



STRENGTH AND CONDITIONING

Saturday mornings where we be pump iron, crack jokes and turn sweat into smiles in the most fun strength and conditioning class of your week!!!