



# FITLIFE

## GROUP EXERCISE SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>9:30AM</u> FITHIT STRENGTH Jackie	<u>9:00AM</u> FITHIT Christie  <u>9:30AM</u> SPIN Christie	<u>9:30AM</u> FITHIT SCULPT Jackie	<u>9:00AM</u> SPIN Christie  <u>9:30AM</u> FITHIT Christie	<u>9:30AM</u> KICKBOXING NIA	<u>8:30AM</u> SPIN Jackie/Christie <small>Alternating Instructors</small>  <u>9:00AM</u> FITHIT Jackie/Christie <small>Alternating Instructors</small>	
	<u>10:00AM</u> YOGA Derina				<u>9:30AM</u> STRENGTH & STRETCH Brianna	
<u>5:30</u> FITHIT X Chris	<u>5:45PM</u> SPIN Terry	<u>5:30PM</u> STRENGTH & SCULPT <small>(Pilates Inspired)</small> Derina	<u>5:45PM</u> SPIN Terry			
<u>6:30PM</u> KICKBOXING NIA	<u>6:30PM</u> FIT HIIT Jen				KICKBOXING SIGN UP @ FRONT DESK	

### **FITHIT:**

A full body workout designed to strengthen muscles, increase metabolic efficiency and burn calories! Each FITHIT coach will incorporate their own expertise to give you a great workout that is always engaging and never repetitive. Movements may include resistance training, plyometrics, interval and core training. Blast your muscles and boost your metabolism on your way to being in the best shape of your life!

### **FITHIT HIIT:**

A full body engagement focusing on toning muscles, building strength and both muscular and cardiovascular endurance. HIIT class will include cardiovascular intervals to burn fat and add lean muscle mass.

### **Total Body Workout:**

Develop and define your muscles in this total body sculpting class. Classic strength & innovative compound movements combine to build muscle and burn fat.

A special emphasis on core strength and abdominal sculpting.

### **Spin:**

Heart pumping music and high energy fill the room as you climb, sprint and jump on the bike. Pedal your way to peak performance.

### **Yoga:**

This is a "flow" style yoga class appropriate for all levels. Focus on proper alignment, breathing and posture as you are guided through a variety of poses.

### **ZUMBA:**

(Seasonal)

Zumba® is a fusion of Latin and International music - dance themes that create a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

### **STRENGTH and SCULPT:**

Inspired by Barre fitness. Barre is a hybrid workout class - combining ballet-inspired moves with elements of Pilates, dance, yoga, static holds and strength training.

### **STRENGTH and STRETCH:**

Class will focus on building core and full-bodied strength along with functional mobility exercise and coaching.