

# GROUP FITNESS SCHEDULE



## MONDAYS

**7:00PM EST \*LIVE & RECORDED (45 MIN)**

**HIIT:** HIGH INTENSITY INTERVAL TRAINING-THIS CLASS IS A FULL BODY WORKOUT! IT COMBINES STRENGTH AND CARDIO IN A FUN, FACED PACED ENVIRONMENT. DUMBBELLS ARE RECOMMENDED FOR THIS CLASS.

## WEDNESDAYS

**7:00PM EST \*LIVE CLASS ONLY (45 MIN)**

**R.I.P.P.E.D:** RESISTANCE, INTERVAL, POWER, PLYOMETRICS, ENDURANCE, DIET/NUTRITION. IT'S THE ONE STOP BODY SHOCK-THE ULTIMATE CARDIO/STRENGTH TRAINING SYSTEM, AND A LOT OF FUN! DUMBBELLS ARE NEEDED FOR THIS CLASS.

## SATURDAYS

**12:00PM EST \*LIVE & RECORDED(20 MIN)**

**CORE BLAST:** THIS SHORT CLASS IS SURE TO PUT A FIRE IN YOUR BELLY! WITH A HEAVY FOCUS ON ABDOMINAL WORK, IT'S A PERFECT ADDITION TO ANY FITNESS ROUTINE. WEIGHTS SOMETIMES USED DURING THIS CLASS. A MAT IS RECOMMENDED.

**\*DROP-IN CLASSES ARE TO BE TAKEN LIVE ONLY**