



SEPTEMBER 2018 GROUP FITNESS CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>AM Open Gym By Appointment ONLY*</p> <p>All Day Office Hours</p> <p>New Time: 4:30 pm-5:15 pm Spin</p> <p>5:30 pm-6:15 pm Tabata Express</p> <p>NEW!! 6:30 pm- 7:00 pm Reps & Sets</p>	<p>AM Open Gym By Appointment ONLY*</p> <p>1:00 pm-5:00 pm Training and Open Gym</p> <p>5:00 pm-5:45 pm Strength and Sculpt</p> <p>6:00 pm-6:45 pm Zumba</p>	<p>AM Open Gym By Appointment ONLY*</p> <p>1:00 pm-5:00 pm Training and Open Gym</p> <p>4:30 pm-5:15 pm Spin</p> <p>5:30 pm-6:30 pm 20/20/20</p> <p>6:45 pm-7:15 pm C25K Strength Training</p>	<p>AM Open Gym By Appointment ONLY*</p> <p>1:00 pm-5:00 pm Training and Open Gym</p> <p>5:15 pm-6:00 pm Spin</p> <p>6:05 pm-6:50 pm Zumba</p>	<p>Open Gym, Personal Training, and Massage Therapy By Appointment ONLY</p>	<p>COMING SOON 9:15 am Contact Kickboxing Begins 10/6/18 Sign Up Required.</p> <p>8:00 am Weekend Warrior</p>	<p>7:15 am C25K Meets to Run</p> <p>8:00 am Weekend Warrior</p> <p>9:00 am Poundfit</p> <p>Open Gym Until 4:00 pm</p>
<p><i>*Appointments must be scheduled ahead of time. To schedule an appointment text Stacey at 603.703.6757</i></p>						

SMALL GROUPS SCHEDULE

COUCH TO 5K	WEEKEND WARRIOR
<p>Begins 9/5/2018</p> <p>Wednesdays 6:45 pm & Sundays 7:15 am</p> <p>Sign-up Required.</p>	<p>Saturdays 8:00 am & Sundays 8:00 am</p> <p>Sign-up Required.</p>

SPECIAL EVENTS

<p>* September 6-Month Membership Challenge Begins</p> <p>*September 15th 9:30 am - 10:15 am Workshop: "Foundations of Form"</p>
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COMING SOON

SEPTEMBER	OCTOBER
<p>Zumba Kids</p> <p>Zumba Theme Night</p>	<p>Nutrition Group with Ruthie</p> <p>Contact Kickboxing Begins: 10/6/2018</p>

CLASS DESCRIPTIONS

20/20/20

20 minutes cardio conditioning/20 minutes Tabata free weights/20 minutes of Pilates. This is a 60 minute class combining cardio exercise using body weight as well as free weights and bands for a complete total body workout. It's like three classes jam packed into one!!!

PoundFit

Sweat, Sculpt, & ROCK with POUND, the fastest growing group fitness phenomenon inspired by the sweat-dripping, infectious, energizing fun of drumming! POUND is a full body cardio therapy session championed by fitness rebels around the world!

Spinning

Burn up to 500 calories this is an organized cycling class focusing on endurance, strength, high intensity, and recovery. We use a fly wheel stationary bike and pedal through many visualized terrains. Students ride in a way that best suits their needs.

Cardio Kickboxing

Moderately high intensity workout using proper form to execute kicks and punches, along with a variety of cardio exercises including jump ropes, jumping jacks, boxer jogging, and more. Gain self confidence, core control, balance, and strength while learning some basic self defense skills and

Reps & Sets

(Body

Pump Inspired)

Using body bars, free weights, & movement to do groups of consecutive repetition for an equal amount of sets. Each class completes a full over all body workout.

Strength & Sculpt

(Bar

Inspired)

Using low weight, high repetitions, and small range of motion combined with balance to focus on isometric training. See results quickly with this one stop shop, perfect for those short on time.

Pilates - Mat

Beginner to Beyond Beginner - Each class works to balance all muscle groups with strength and flexibility with an emphasis on the core muscles. Mat pilates is done on the floor using an exercise or yoga mat, bands, and other yoga props. An example of a popular mat pilates pose is called the Hundred.

Restorative Yoga w/Sam

Help cleanse and clean your mind while working your body. This class is offered in 8 week segments focusing on breath, movement, and meditation. The instructor moves slowly and carefully through each move, modifying where necessary. You will feel relaxed and have an open mind after this class.

Tabata

Four minutes of high intensity training alternating between 20 seconds of max training followed by a 10 second rest. These workouts are 8 rounds each and fast paced using cardio and weight training. You will never get bored.

Zumba

High intensity fitness "Dance" program uses music and dance from Latin and international inspiration as well as top 40 favs music or love to dance this workout is for you.

Contact Kickboxing

Couch to 5K

Weekend Warrior

CLASS DESCRIPTIONS

Reduce stress and get in shape. Similar to cardio kickboxing, this class uses proper body form to execute punches and kicks. In addition, students will learn how to hold kick shields and focus mats and work together through various combinations. Melt fat, increase energy, gain confidence, and work the entire body.

Come check out the greatest way to meet new people and reach new goals. Together we encourage beginner through advanced runners to set and reach attainable running goals. This group meets twice weekly for 6-8 weeks and is coached using your individual levels and experiences. We face challenges together and continue moving forward. You'll get so much more out of this program than just running and coaching. Make friends, gain confidence and have fun!

Join us Saturday and Sundays for 4-5 weeks of outdoor weekend Bootcamp at the Hartland Recreation Center. We will challenge your strength and stamina using playground equipment, small, & large tires, buckets of sand, bricks, wood blocks, and more... Come play on the playground with us.