

# CLASS SCHEDULE



## MONDAY

06:00  
BOOTCAMP

09:00  
ACTIVE AGING

15:30  
*Fit Squad*  
(4-7 years)

16:00  
FUNCTIONAL  
FITNESS  
(8-13 years)

17:30  
METCON

18:15  
STRENGTH

## TUESDAY

06:00  
STRENGTH

09:00  
ACTIVE AGING

15:30  
*Fit Squad*  
(4-7 years)

16:00  
FUNCTIONAL  
FITNESS  
(8-13 years)

17:30  
BOOTCAMP

18:15  
HITT

## WEDNESDAY

06:00  
METCON

09:00  
ACTIVE AGING

15:30  
*Fit Squad*  
(4-7 years)

16:00  
FUNCTIONAL  
FITNESS  
(8-13 years)

17:30  
HITT

18:15  
STRENGTH

## THURSDAY

06:00  
STRENGTH

09:00  
ACTIVE AGING

15:30  
*Fit Squad*  
(4-7 years)

16:00  
FUNCTIONAL  
FITNESS  
(8-13 years)

17:30  
BOOTCAMP

18:15  
METCON

## FRIDAY

06:00  
STRENGTH

09:00  
ACTIVE AGING

15:30  
*Fit Squad*  
(4-7 years)

16:00  
FUNCTIONAL  
FITNESS  
(8-13 years)

## SATURDAY

08:00  
BOOTCAMP

09:00  
*Fit Squad*  
(4-7 years)

## CLASS DESCRIPTIONS

### BOXFIT

A cardiovascular workout based on training used for boxing so it includes skipping, boxing drills including foot work and abdominal workouts!

### HITT ( High Intensity Interval Training)

This involves short bursts of hard work with little rest in between to boost endurance, weight loss and improve BMR!

### ACTIVE AGING

A class for beginners to intermediate, mostly focused on mobility and stretching, but does contain some light strength and cardiovascular exercises!

### METCON

A combination of strength (usually focused on one or two muscle groups) and exercises!

### STRENGTH

Is a form of resistance training aimed at increasing muscle force production!

### BOOTCAMP

A combination of body strength, core and cardio for a full body workout!