

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>5:30AM</b>	Circuit Training	Strength & Conditioning	Full Body Blast	Cardio	Boot Camp
<b>7:30AM</b>	Low Impact Chair Stretch	Low Impact Strength	Core & Cardio Fit		
<b>9:00AM</b>	Low Impact Chair Stretch	Low Impact Strength	Low Impact Chair Stretch	Flow Pilates	Low Impact Boot Camp
<b>12:00PM</b>	Circuit Training (40mins)	Strength & Conditioning (40mins)	Tabata Power (40mins)	Bootcamp (40mins)	Box Fit (40 min)
<b>12:00PM</b>	Pilates	Pilates		Pilates	
<b>5:30PM</b>	Pilates				
<b>6:00PM</b>	H.I.I.T	Boot Camp	Circuit Fit Fun	Strength & Conditioning	

**All classes run for 50 minutes unless otherwise stated.**



<b>Bootcamp</b>	A military influenced group workout conducted either indoors or outdoors, using a variety of strength training, cardio and agility exercises.
<b>Boxfit</b>	A fitness-based class combines traditional boxing techniques with bodyweight exercise to provide you with a calorie incinerating workout.
<b>Circuit Fit Fun</b>	This class is a challenge by using timed exercises to increase your heart rate, while testing your endurance and building strength.
<b>Circuit Training</b>	Targets different muscles with minimal rest in between for the best results. It's fun way to not only build muscle strength, but also improves cardio fitness & agility.
<b>Core &amp; Cardio</b>	This class focuses on cardiovascular and strengthening the core, using a mix of exercises to create an intense workout while testing your fitness.
<b>Full Body Blast</b>	Anything from full cardio mixed with strength creating a full body workout that helps condition your body and increase your fitness.
<b>Low Impact Bootcamp</b>	A team-based group workout, using a variety of strength, cardio and agility exercises. Is suitable for beginners, seniors and those with injuries.
<b>Low Impact Chair Strength</b>	A combination of a yoga Pilates style class. To help improve flexibility and balance.
<b>Flow Pilates</b>	Flow Pilates is low impact, gentle & for everyone. The movements are great for balance, mobility, recovery, fall prevention & back pain.
<b>Low Impact Strength</b>	Full-body strength session. Suitable for beginners, seniors and those with injuries. Utilizing a wide range of techniques aimed at your strength and fitness.
<b>Pilates</b>	Using a wide range of specific muscle activation techniques and controlled contractions. A complete mind and body experience.
<b>Strength &amp; Conditioning</b>	A program that will improve your performance over time, help build muscle, boost metabolism and release serotonin which improves mood.
<b>Tabatha Power</b>	This class is a challenge by using timed exercises to increase your heart rate, while testing your endurance and building strength.
<b>The Works Hiit</b>	Exercises that alternate intense bursts of activity over a 45-minute duration. Helping with cardiovascular fitness as well as body conditioning, strength, and endurance.