

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

All classes run for 50 minutes unless otherwise stated.



Bootcamp	A military influenced group workout conducted either indoors or outdoors, using a variety of strength training, cardio and agility exercises.
Boxfit	A fitness-based class combines traditional boxing techniques with bodyweight exercise to provide you with a calorie incinerating workout.
Circuit Fit Fun	This class is a challenge by using timed exercises to increase your heart rate, while testing your endurance and building strength.
Circuit Training	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.
Core & Cardio	This class focuses on cardiovascular and strengthening the core, using a mix of exercises to create an intense workout while testing your fitness.
Full Body Blast	Anything from full cardio mixed with strength creating a full body workout that helps condition your body and increase your fitness.
Low Impact Bootcamp	A team-based group workout, using a variety of strength, cardio and agility exercises. Is suitable for beginners, seniors and those with injuries.
Low Impact Chair Strength	A combination of a yoga Pilates style class. To help improve flexibility and balance.
Flow Pilates	Flow Pilates is low impact, gentle & for everyone. The movements are great for balance, mobility, recovery, fall prevention & back pain.
Low Impact Strength	Full-body strength session. Suitable for beginners, seniors and those with injuries. Utilizing a wide range of techniques aimed at your strength and fitness.
Pilates	Using a wide range of specific muscle activation techniques and controlled contractions. A complete mind and body experience.
Strength & Conditioning	A program that will improve your performance over time, help build muscle, boost metabolism and release serotonin which improves mood.
Tabatha Power	This class is a challenge by using timed exercises to increase your heart rate, while testing your endurance and building strength.
The Works Hiit	Exercises that alternate intense bursts of activity over a 45-minute duration. Helping with cardiovascular fitness as well as body conditioning, strength, and endurance.