


PREMIER Membership Group Exercise Schedule

July 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:00 am Chiseled <i>Kathleen</i> 60 m	9:00 am Minute Madness <i>Kathleen</i> 60 m	9:00 am Chiseled <i>Kathleen</i> 60 m		9:00 am Intensity <i>Meagan</i> 60 m \$10 drop in fee
9:30 am Intensity <i>Meagan</i> 60 m				9:30 am Intensity <i>Meagan</i> 60 m	<p>Schedule subject to change</p> 
	5:45 pm Intensity <i>Meagan</i> 60 m		5:45 pm Intensity <i>Meagan</i> 60 m		
6:00 pm Shark Fit <i>Chrissy</i> 60 m	6:00 pm Shark Fit <i>Chrissy</i> 60 m	6:00 pm Shark Fit <i>Chrissy</i> 60 m	6:00 pm Shark Fit <i>Chrissy</i> 60 m		
6:00 pm Chiseled <i>Kathleen</i> 60m		6:00 pm Chiseled <i>Kathleen</i> 60m			

Group Training Classes

Shark Fit: Feel like a ninja warrior in this fierce outdoor bootcamp. Functional fitness meets sweat, fun, friends and lots of variety. Jump rope, burpees, plank walks, and tire runs are just some of the action we have in store! Flip some tires, release the beast, and blast through your physical boundaries!

Chiseled: Strength focused programming aimed towards isolating muscle groups and building strength and muscular endurance. Be ready to make your muscles burn and drip sweat with this low cardio format. You will tone, tighten, and sculpt your body!

Intensity: A high powered 60 minutes! All fitness levels can take their fitness to the next level. Experience running, rowing, resistance training, and bodyweight movements, all in one high intensity class. Maximum effort is all you need for results: just show up! Come join the fun and burn calories long after the workout is over!

Minute Madness: This class packs a punch 60 sec at a time! Every minute on the minute you will be pushed to the max! Body weight movements mixed with weights and other calorie burning equipment will bring you a high impact heart pumping action packed class. Lots of variety will keep your body guessing and each class different but results will be a constant!