


PREMIER Membership Group Exercise Schedule

March 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:15 am Intensity45 <i>Kiani</i> 45 min		5:15 am Intensity45 <i>Kiani</i> 45 min		
					9:00 am Intensity <i>Kiani</i> 60 min \$10 drop in fee
9:30 am Intensity <i>Meagan</i> 60 min	9:30 am Chiseled <i>Lee</i> 60 min	9:45 am Minute Madness <i>Meagan</i> 60 min	9:30 am Chiseled <i>Lee</i> 60 min	9:30 am Intensity <i>Meagan</i> 60 min	<p>Schedule subject to change</p> 
	5:00 pm Intensity <i>Meagan</i> 60 min		5:00 pm Intensity <i>Meagan</i> 60 min		
6:00 pm Chiseled <i>Jackie</i> 60 min PT studio	6:30 pm Intensity45 <i>Meagan</i> 45 min	6:00 pm Chiseled <i>Jackie</i> 60 min PT studio	6:30 pm Intensity45 <i>Meagan</i> 45 min		

Group Training Classes

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 the results will be a constant!