

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

10:00
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!