

Fitness Rx

Group Exercise Schedule – November 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45-6:15am	Tabata Strong Stephanie				Tabata Strong Stephanie	
8:15-9:00am						Strength Class Stephanie
9-9:45am		Elite 30 Stephanie (30 minutes)	Total Body Resistance Stephanie (45 min)	Elite 30 Stephanie (30 minutes)	Total Body Resistance w/ Abs Stephanie (45 min)	
9:45-10:15am					Stretch Class Stephanie (30 min)	
10:30-11am			Senior Gentle Cardio Stephanie			
11-11:30			Senior Functional Strength Stephanie		Senior Chair Exercise (45 minutes) Stephanie	

5:30-6pm	Elite 30 Stephanie	Strength & Tone Stephanie	Elite 30 Stephanie			
6-6:30pm	Stretch Class Stephanie	<i>30 Days of GRIT Mark & Stephanie *\$\$*</i>	Stretch Class Stephanie	<i>30 Days of GRIT Mark & Stephanie *\$\$*</i>		
		<i>24 Days Cut & Ripped Mark & Stephanie *\$\$*</i>		<i>24 Days Cut & Ripped Mark & Stephanie *\$\$*</i>		

TABATA STRONG – Tabata Strong is sure to get your body moving. Simply perform 4-8 sets of each exercise for 20 seconds as fast as you can, followed by a 10 second rest in between, accompanied by strength ...quick and intense!

ELITE 30 – 30 minutes of strength and cardio rounds. A challenging workout to test your limits and encourage your growth.

TOTAL BODY RESISTANCE – Strength exercises for optimal fitness! This class offers a fun & energizing workout experience with functional strength building exercise!

STRETCH CLASS – 30 minutes of stretch exercises for range of motion and recovery. Everyone needs to stretch!!

STRENGTH & TONE – 30 minutes of all body muscle conditioning that will add strength utilizing bars, free weights, and body weight movements.

SENIOR GENTLE CARDIO – Low impact and light cardio with light resistance movements to get the heartrate up. This class is for the active senior.

SENIOR FUNCTIONAL STREGTH – Low impact and light cardio with light resistance movements to get the heartrate up and increase balance for the active senior.

SENIOR CHAIR EXERCISE – Mostly seated strength class exercises that increase the core, strengthen and tone muscle and improve balance.