

# Fitness Rx

## Group Exercise Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45-6:15am	Tabata Strong Stephanie				Tabata Strong Stephanie	
8-9:00am						Strength Class Stephanie
9-9:45am		Elite 30 Stephanie (30 minutes)	Total Body Resistance Stephanie (45 min)	Station Mania Stephanie (30 minutes)	Total Body Resistance w/ Abs Stephanie (45 min)	
10:30-11am			Gentle Cardio Fit Stephanie			
11-11:30			Functional Strength Training Stephanie		Sit to Fit (45 minutes) Stephanie	

5:30-6pm	Elite 30 Stephanie	Strength & Tone Stephanie	Elite 30 Stephanie			
6:15pm	Tabata Strong Stephanie					
6-6:30pm		<i>30 Days of GRIT Mark *\$\$*</i>		<i>30 Days of GRIT Mark *\$\$*</i>		
6-6:30pm		<i>Cut &amp; Ripped Stephanie *\$\$*</i>		<i>Cut &amp; Ripped 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!

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

**GENTLE CARDIO FIT** – Designed for developing strength, flexibility, muscular endurance and coordination. Involving some low impact and gentle cardio.

**FUNCTIONAL STRENGTH TRAINING** – A combination of light weight training, balance and endurance techniques to help improve overall lifestyle.

**STATION MANIA** – Rotating stations of mixed cardio, strength, compound movements and core work. An intense and challenging class using a variety of exercises and equipment.

**SIT TO FIT** – Non impact, chair based workout that includes exercises to improve muscular strength, range of motion, balance and flexibility movements. Some standing exercises will be introduced.