

# Fitness Rx

## Group Exercise Schedule – June 2022

	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)	
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			
		Boxing Techniques Mark *\$\$* Limited Space -Max 5		Boxing Techniques Mark *\$\$* Limited Space -Max 5		
6-6:30pm		30 Days of GRIT Mark & Stephanie *\$\$*		30 Days of GRIT Mark & Stephanie *\$\$*		
		24 Days Cut & Ripped Mark & Stephanie *\$\$*		24 Days Cut & Ripped Mark & Stephanie *\$\$*		

**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.

**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.