

# JANUARY '15 Group Exercise Schedule

MON

TUES

WED

THURS

FRI

<p><b>5</b></p> <p>12:00-12:30 pm: <b>Leg Challenge</b></p> <p>2:00-2:15 pm: <b>AB Burner</b></p> <p>5:15-5:45 pm: <b>H.I.I.T Total Body</b></p>	<p><b>6</b></p> <p>11:30-12 pm: <b>Circuit City</b></p> <p>12:30-12:45 pm: <b>AB Burner</b></p> <p>12:45-1:00 pm: <b>Stretch &amp; Flex</b></p> <p>1:30-2:15 pm: <b>YOGA</b></p>	<p><b>7</b></p> <p>12:00-12:30 pm: <b>Power Pump</b></p> <p>2:00-2:30 pm: <b>Leg Challenge</b></p> <p>5:15-5:45 pm: <b>Circuit City</b></p>	<p><b>8</b></p> <p>11:30-12:00 pm: <b>H.I.I.T Total Body</b></p> <p>12:30-12:45 pm: <b>AB Burner</b></p> <p>1:00-1:45 pm: <b>YOGA</b></p>	<p><b>9</b></p> <p>11:30-12:00 pm: <b>H.I.I.T Total Body</b></p> <p>12:30-12:45 pm: <b>AB Burner</b></p> <p>12:45-1:00 pm: <b>Stretch &amp; Flex</b></p>
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Commerce Square  
Fitness Center

Lauren Kelly—Manager

P: 267-570-8030

◆ All classes subject to change. Availability based on daily class sign-up sheets.



## Group Exercise Class Descriptions

**LEG CHALLENGE** – Only focusing on the lower body. Incorporating bands, BOSU, dumbbells, & medicine balls.

**POWER PUMP** – Only focusing on the upper body. Incorporating bands, BOSU, dumbbells & medicine balls that will pump, shape & tone.

**CIRCUIT CITY** – From jump ropes, medicine balls, dumbbells, BOSU & bands this class will hit every muscle group. You will burn calories while whizzing through different stations.

**AB BURNER** – Functional core training that will give you a vigorous core strengthening experience.

**STRETCH & FLEX** – A total body stretch. Stretching & flex will help lengthen & relax those tight muscles, increase range of motion and help prevent injury.

**H.I.I.T TOTAL BODY** – While performing a series of H.I.I.T.(High Intensity Interval Training) techniques combined with small recovery periods this class provides a total body workout with maximum results.

\*Any questions, please contact Lauren\*