

# GROUP FITNESS SCHEDULE

EFFECTIVE: February 13, 2020

## MONDAY

### Strength Fusion 11:30-12 p.m.

Combine interval training and conditioning drills with strength training for a total body workout.

### Restore 12-12:30 p.m.

Restore the body to its natural state of pain-free and healthy movement through soft tissue recovery and regeneration techniques.

## TUESDAY

### Cycle Fusion 12-12:30 p.m.

Use various cross-training techniques to develop total body conditioning during this freestyle ride.

### Mat Pilates 1-2 p.m.

Traditional pilates movements with added props to engage core stability, body awareness, and flexibility.

## WEDNESDAY

### Treadshred 11:30-12 p.m.

A high-intensity interval workout on the treadmill with runs, hills, and sprints to build lower body strength and overall endurance.

### Kettlebell Bootcamp 12-12:30 p.m.

This classic kettlebell workout builds stamina and strength through everyday movements at various intensities.

### Core Flow 2-2:30 p.m.

A fun, fitness-based core class that uses dynamic movement to challenge and strengthen your entire body.

## THURSDAY

### Mobility 11:30-12 p.m.

Improve performance and prevent injuries through stretching, rolling, and massage techniques.

### Rock Bottom 12-12:30 p.m.

Tighten and sculpt your backside, legs, and abs with isolated movements that tone the hard-to-target areas.

### Strength Sculpt 5-5:30 p.m.

Advanced cardio and muscle toning class with drills and intervals.

## FRIDAY

### Voltage

11:30 a.m.-12 p.m.

Powered by MYZONE. Find your zone, then push yourself there. Track every beat of your heart for 45 minutes of high-intensity training specifically designed to charge you right to your limit and hold you there. Maximize effort, results, and sweat. Your MYZONE belt will give you real-time

### Abs + Arms 12-12:30 p.m.

A core and upper body workout.



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