

# GROUP FITNESS SCHEDULE

EFFECTIVE: January 2020

## MONDAY

### Boot Camp 12-12:30 p.m.

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

### Restore 12:30-1 p.m.

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

## TUESDAY

### Voltage 12-12:30 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

### 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 1:30-2 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.

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

No matter where you are on your fitness journey, train like a warrior and let the tribe inspire you to transform into the athlete you've always wanted to be. Every day there's a new challenge ready to be conquered to prepare you for our monthly EPIC BATTLES.

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

Advanced cardio and muscle toning class with drills and intervals.

## FRIDAY

### Tabata Cardio 11:30 a.m.-12 p.m.

A collection of high-intensity cardio drills to maximize fat burning and take your cardio conditioning to the next level.

### Back to Basics: Strength 12-12:30 p.m.

This class is geared to take you back to the basic movements of exercise. Focus on 1 or 2 muscle groups each week and learn how to correctly execute each exercise!



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