













CHANGING BODIES, ONE REP AT A TIME

126 N. Elm Street – Weatherford, TX 76086

Studio: 817-341-6550

Daycare Hours: 8:00AM – 11:00AM &
4:00PM – 7:30PM

Schedule – Winter 2020

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30AM	 Mary	Spin Class Miss White	 Mary	Spin Class Miss White		
8:30 AM	 Micah	 Michae	 Collette	 Michae	 Express Natalie	8 a.m. Spin Class Mike
9:30 AM				Yoga Ariel		9 a.m. KICKBOXING Amy
10:00 AM	<u>10:00-11:00</u> Cynthia BOOMERS!		<u>10:00-11:00</u> Cynthia BOOMERS!		<u>10:00-11:00</u> LUIS BOOMERS	10 a.m. PIYO Amy
4:30PM	CARDIO- BOXING (SGT) Nicole	CIRCUIT TRAINING Jennifer	CYCLE-BOX WITH Mike	CIRCUIT TRAINING Jennifer		
5:30PM	 Katie	Spin Class Niki				
6:30PM	 <u>Yoga 101</u> Michelle		 <u>Power Yoga</u> Michelle	Spin Class Niki		

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Instructors may be substituted

Class Descriptions

Additional Cost for: **Small Group Training (SGT)**

Cardio Boxing (SGT) - a 30 minute high-intensity interval training (HIIT) workout designed to improve strength and build lean muscle through cardio, strength, plyo, and tabata.

Beyond Barre – is the unique body transforming ballet **Barre** workout that combines:

- Body Sculpting
- Fat Burning
- Muscle Lengthening
- **GlideBoard** for Cardio Fun with Incredible Results
- **Barre** to Sculpt the Thighs and Lift the Seat
- Weights to Tone the Arms
- Ab Work to Narrow the Waist

BODYPUMP™: Using light to moderate weights with lots of repetition, BODYPUMP™ gives you a total body workout. It will burn up to 590 calories*. Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than you could on your own! You'll leave the class feeling challenged and motivated, ready to come back for more.

Circuit Training: Burns major calories with intervals of HIIT cardio and body weight conditioning. Utilizes the 3-2-1 interval approach: 3 minutes of strength, 2 minutes of cardio, and 1 minute of rest.

Spin Class: Spinning is an excellent workout to strengthen your heart and tone your legs.

Yoga: Yoga is a great way to work on your flexibility, strength, posture; breathing, stress levels, and is great for the heart!

Kickboxing- Using a boxing bag, kickboxing is one of the best body-shaping fitness classes available. Benefits include fat loss, muscle toning, increased flexibility, better circulation, and most of all stress relief.

Boomers: Provides a variety of exercises designed to increase muscular strength, flexibility, balance, range of movement and skills required during activities for daily living, healthy living, relaxation, and stress relief.

PiYo: Combination of Yoga, Barre, and Pilates designed to whip you into shape from head to toe. Builds strength as you lose weight; works core, gluts, quads, arms, shoulders, increases balance and stabilization.