



September 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2 CLOSED	3 10am/7pm X Fit 11am Quick Fit 330pm H.S. Athletics 430pm Fundamentals (6-11)	4 9am Buns N Guns 11am GET FIT 430pm Middle School Athletics	5 10am/7pm X Fit 11am Quick Fit 330pm H.S. Athletics 430pm Fundamentals (6-11)	6 9am Buns N Guns 11am GET FIT 430pm Middle School Athletics	7 10am/7pm X Fit 11am Quick Fit 330pm H.S. Athletics 430pm Fundamentals (6-11)	8
9 CLOSED	10 10am/7pm X Fit 11am Quick Fit 330pm H.S. Athletics 430pm Fundamentals (6-11)	11 9am Buns N Guns 11am GET FIT 430pm Middle School Athletics	12 10am/7pm X Fit 11am Quick Fit 330pm H.S. Athletics 430pm Fundamentals (6-11)	13 9am Buns N Guns 11am GET FIT 430pm Middle School Athletics	14 10am/7pm X Fit 11am Quick Fit 330pm H.S. Athletics 430pm Fundamentals (6-11)	15
16 CLOSED	17 10am/7pm X Fit 11am Quick Fit 330pm H.S. Athletics 430pm Fundamentals (6-11)	18 9am Buns N Guns 11am GET FIT 430pm Middle School Athletics	19 10am/7pm X Fit 11am Quick Fit 330pm H.S. Athletics 430pm Fundamentals (6-11)	20 9am Buns N Guns 11am GET FIT 430pm Middle School Athletics	21 10am/7pm X Fit 11am Quick Fit 330pm H.S. Athletics 430pm Fundamentals (6-11)	22
23 CLOSED	24 10am/7pm X Fit 11am Quick Fit 330pm H.S. Athletics 430pm Fundamentals (6-11)	25 9am Buns N Guns 11am GET FIT 430pm Middle School Athletics	26 10am/7pm X Fit 11am Quick Fit 330pm H.S. Athletics 430pm	27 9am Buns N Guns 11am GET FIT 430pm Middle School Athletics	28 10am/7pm X Fit 11am Quick Fit 330pm H.S. Athletics 430pm Fundamentals (6-11)	29
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CLASS DESCRIPTIONS

Fundamentals: Class designated for ages 6-11. In this class we cover all the mechanics it takes to properly perform everyday functions effectively and efficiently without the risk of injury, (squat, run, jump, lift, pull, push, skip, gallop etc.). Also we will cover all the primary components of fitness necessary to build a healthier, positive, athletic individual. Focuses include but not limited to: strength, power, flexibility, cardiovascular endurance, stamina, speed, acceleration, coordination, balance, and agility.

Middle School Athletics: Grades 6-8. Middle School Athletics is a youth fitness class designated for middle school students looking to improve overall well-being and/or athletic performance. In this class we focus on building a strong foundation to fitness by understanding, learning, and developing our strengths and weaknesses through exploring the core components of fitness; strength, power, stamina, cardiovascular endurance, speed, agility, acceleration, flexibility, balance, and coordination.

H.S. Athletics: Grades 8-12! Class designated to high school students looking to improve overall athletic performance and well-being. We will cover all the primary components of fitness, while implementing some of the core complex weightlifting movements such as deadlifts, squats, cleans, and presses. Each session will have time designated to focus on building core strength as well as speed and agility.

Quick Fit: Low to High Intensity. Class is open to all fitness levels looking to improve overall well-being and/or into achieving health/fitness related goals. Mainly bodyweight movements in a circuit style setting. Overall focus: core strength and development, mobility and flexibility, fat burning, body toning, and muscle building; and improving one's own quality of life. Childcare will be available for this class, included within package or pay per visit.

X Fit: High Intensity Interval Training (HIIT), Circuit/Crossfit based workouts. Complex weightlifting movements involved. Childcare will be available for 10 am class, included in package or pay per visit.

Buns N Guns: Class Designated solely to women, focusing on strength building and body toning. Low to High Intensity circuit style training, with light to moderate weight training involved. Childcare available for this class, included within package or pay per visit.

ZUMBA: Zumba combines high energy and motivating music with dance moves from hip-hop, salsa, tango, flamenco, & other international dance styles. No dance experience necessary.

GET FIT: Low intensity, classes designated for beginners, those looking to take their first step towards achieving fitness goals. No fitness experience necessary. Childcare will be available for this class, included in package or pay per visit.

CLASS DESCRIPTIONS