

# August Boot Camp Schedule



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 AM	Amanda	Kim	Trevor	Kim	Trevor	
6:00 AM	Kim	Trevor	Kim	Trevor	Kim	
8:00 AM		Kim		Kim		TBD
10:00 AM						Family Boot Camp August 12 <sup>th</sup>
NOON	Kim	Trevor	Kim	Kristen	Kim	
4:00 PM	Trevor		Trevor			
5:00 PM	Trevor	Kim	Trevor	Kristen		
6:00 PM	Kristen	Trevor		Trevor		

# August Studio Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM		Pilates Kristen	Indoor Cycle Katie	Barre Kristen	Infrared Balance & Stretch Trevor	
7:00 AM		Indoor Cycle Katie			Indoor Cycle Katie	
8:00 AM			Yoga Tara			
8:30 AM					Yoga Tara	
9:00 AM	Body Fusion Riika		Step & Sculpt Riika	Cardio Dance Kristen		Studio Surprise
10:00 AM	Indoor Cycle Lori	Senior Power Kristen		Core & More Kristen		
11:00 AM	Strong & Balanced Mandy	Core & More Trevor	Strong & Balanced Mandy			
4:00 PM	Total Body Power Kristen	Tabata Kristen	Barre Kristen	R.E.J.U.V. <sup>ED</sup> Kylie		
5:00 PM	Hot Power Yoga Jessie	Warm Gentle Yoga Jessie				
6:00 PM	Indoor Cycle Katie	ELDOA Amanda	Cardio Dance Kristen	Indoor Cycle Katie		

## Saturday Studio Schedule:

- 8/5 – 9:00am Cardio Dance - Kristen
- 8/12 – 9:00am ELDOA - Amanda
- 8/19 – 9:00am Yoga - Jessie
- 8/26 – 9:00am Body Fusion - Mandy

# CLASS DESCRIPTIONS

**BARRE** - Low-impact fitness class utilizing the Barre as a tool for repetitions of small movements with emphasis on proper form, postural alignment, and core engagement.

**BODY FUSION**- This class will ensure there is never a repeat in workouts and is done by integrating workouts such as kickboxing, strength training, cycle, cardio, and more. Class ends by focusing on the emotional wellbeing through a short meditation session.

**CARDIO DANCE** - Heart racing, sweat dripping cardio class. Learn dance choreography and isolations mixed with muscle-toning moves to a variety of music.

**CORE & MORE** - A boot camp style class with a strong focus on your core! This class involves training the muscles in your pelvis, lower back, hips and abdomen to work in harmony.

**ELDOA** - Myofascial stretching that helps decompress the spinal discs, improves posture and joint mechanics, and increases blood flow throughout the body. Good for everyone with and without back injuries

**INFRARED BALANCE & STRETCH** – Check your muscles in to rehab! An opportunity to check your body for imbalances and focus on maintenance and recovery.

**PILATES**- Movements that focus on developing a strong core by improving flexibility, strength, coordination and balance.

**R.E.J.U.V<sup>ED</sup>** - (R)esistance training (E)ndurance (J)umpstart (U)nrestricted (V)itality. Interval style class incorporating strength, cardio training and mobility.

**STEP & SCULPT**– Increase your cardiovascular, strengthen your upper & lower body, while working on coordination.

**TABATA** – Interval workout that will take you to a higher level of fitness, help you burn calories and build endurance.

**TOTAL BODY POWER**- A full body, endurance type workout mixing cardio and strength while using minimal equipment.

**WARM GENTLE YOGA** – A class structured around rejuvenating and healing the body. This class is held at a slower pace and focuses on stretching all areas of the body, while releasing stress and tension from joints and muscles.

## \*SEMINAR SCHEDULE AUGUST 2017

### Machine Demonstration w/Trevor

August 9<sup>th</sup> & 23<sup>th</sup> @ 6:00pm

### Fighting Acne with a Multi-Faceted Approach

Combining skin care treatments with supplements and nutrition for your clearest skin!

w/ Nicole & Britta August 22<sup>nd</sup> @ 5:30pm

### Breaking Barriers w/ Britta & Katie

Pack Yourself Healthy: Lunchboxes Aren't Just for Kids!

August 29<sup>th</sup> @ 5:30pm

## Child Care Hours:

Monday-Thursday 8am-8pm

Friday 8am-7:00pm

Saturday 8am-12pm

(Saturday reservations are required by 7pm Friday)

## Fitness Center Hours:

Sunday – 7am – 4pm

Monday-Thursday 5am-9pm

Friday - 5am-7:30pm

Saturday - 6am-5pm

Any questions call:

320-217-8480

901 3<sup>rd</sup> Street N, Waite Park MN 56387