



# January 2019 Circuit Class

Mon	Tue	Wed	Thu	Sat
	1 <b>CLOSED FOR THE HOLIDAY</b>	2	3 <b>SB 9:15 AM Michelle</b>	5 <b>BC 8:15 AM Jen</b>
7 <b>FB5 PM Becky</b>	8 <i>BC 5:45AM Michelle</i> <b>HIIT 12:15PM Erica</b> <b>YS 4PM Erica</b>	9	10 <b>SB 9:15 AM Michelle</b>	12 <b>BC 8:15 AM Michelle</b>
14 <b>FB5 PM Becky</b>	15 <i>BC 5:45AM Michelle</i> <b>HIIT 12:15PM Becky</b> <b>YS 4PM Michelle</b>	16	17 <b>SB 9:15 AM Michelle</b>	19 <b>BC 8:15 AM Michelle</b>
21 <b>FB5 PM Becky</b>	22 <i>BC 5:45AM Michelle</i> <b>HIIT 12:15PM Erica</b> <b>YS 4PM Erica</b>	23	24 <b>SB 9:15 AM Michelle</b>	26 <b>BC 8:15 AM Becky</b>
28 <b>FB5 PM Becky</b>	29 <i>BC 5:45AM Michelle</i> <b>HIIT 12:15PM Erica</b> <b>YS 4PM Erica</b>	30	31 <b>SB 9:15 AM Michelle</b>	

**Strength and Balance (SB):** is focused on strength training, balance, and stretching to improve physical, mental and emotional fitness and help maintain independence, boost energy, and manage symptoms of pain or illness.

**Boot Camp (BC):** can be conducted both indoors and outdoors. It mixes traditional calisthenics and body weight exercises with interval and strength training. The class is designed to push your limits, burn calories, and increase your endurance. Ballistic movements may be used.

**Full Body (FB):** is focused on 45 minutes of strength based exercises that target all muscle groups allowing you to increase your stamina and aerobic fitness while building strength and endurance. This class includes machines, body weight, dumbbells, bands, and bars.

**H.I.I.T.:** The class is for 30 minutes in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods.

**Youth Strength (YS)-** is design for ages 12 to 15 . Youth are introduced to elements of strength training; resistance, repetition, form and safety as they move through an entire body workout. The class is 45 minutes long.

**\*18 and under are required two orientations in the fitness center**