



# Adult and Youth Fitness Specialty Group Exercise

**Pre-registration is required for all paid classes!**

**Free preview week prior to the session start date!**

**Next Session Starts September 10th**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	AM	AM	AM	AM	AM
	<b>5:45-6:30 POUND</b>				<b>7:30-8:00 Speed and Agility (8-12y/o)</b>
	Kristen				Mike
<b>8:30-9:15 POUND</b>			9:00-9:45 TRX HIIT		<b>8:00-8:45 Speed and Agility (13-15y/o)</b>
Kristen			Jackie		Mike
10:15-11:00 TRX HIIT	9:15-10:00 Women On Weights	10:15-11:00 Equip			8:30-9:00 miniWERQ (Youth)
Machele	Jackie	Jackie			Angela
<b>11:15-11:45 Mini FIT (3-5 y/o)</b>					<b>9:00-9:30 Intro to Lifting</b>
Michelle					Mike
PM	PM	PM	PM	PM	PM
			4:30-5:00 Kids FIT (8-12 y/o)		
			Michelle		
<b>5:30-6:15 Equip</b>		5:30-6:15 Women On Weights			
Jackie		Jackie			
					<b>Bolded Classes = New Class or Time Change</b>

## SPECIALTY GROUP EXERCISE CLASS DESCRIPTIONS

<b>Equip</b>	This small group training includes cardio bursts, resistance training, and focuses on strength and agility using but not limited to TRX, Bosu Balls, Sliders, Bikes and Stability Balls.
<b>TRX HIIT</b>	A small group training class that includes body weight resistance training, core strengthening, and cardio bursts. The TRX Suspension System, Bosu Balls and Stability Balls will be used.
<b>Women On Weights</b>	Looking to make strides and gains in the weight room, but not sure where to start? This small group setting is just for you! Let us help you feel comfortable and confident to train in our wellness room with proper technique!
<b>Mini F.I.T</b>	Functional Interval Training that uses boot camp, HIIT, cardio and strength training to give you a great workout.
<b>POUND</b>	Rockout. Workout. Is a full-body cardio jam session, inspired by the energizing, infectious, sweat-dripping fun of playing the drums!
<b>miniWERQ</b>	Kids will have a blast with Kids' WERQ, the fiercely fun dance fitness workout class based on kid-friendly versions of pop, rock, and hip-hop taught by Certified WERQ instructors and designed just for kids.
<b>Speed &amp; Agility</b>	This is a great class to help improve current athletic performance. Exercises and games will help improve overall quickness, strength and coordination, along with footwork and core strength.